



PHYSICAL EDUCATION

Gordon's Sixth Form

BTEC Level 3 National Extended Certificate in Sport

COURSE DETAILS

Equivalent to one A Level (360 hours)

Course outline

Unit 1 - Anatomy and Physiology

Unit 2 - Fitness Training and Programming for Health, Sport and Well-Being

Unit 3 - Professional Development in the Sports Industry

Unit 5 - Application to Fitness Testing

Year 12	Unit Size (GLH)	Assessment
Unit 1	120	Externally Assessed – Examination
Unit 2	120	Externally Assessed – Controlled Assessment
Unit 3	60	Externally Assessed – Controlled Assessment
Unit 5	60	Internally Assessed - Assignment

Assessment

Coursework - 33% (Units 3 and 4)

Examinations - 67% (Units 1 and 2)



Higher education courses linked to the subject

Having studied BTEC Sport you will be able to study:

- Sports science
- Sports studies
- PE teaching
- Sport and fitness
- Sports coaching
- Sports nutrition
- Sports psychology

Careers linked to the subject

- Possible career options include:
- sports coach
- fitness instructor
- sports therapist
- sports nutritionist
- PE teacher
- leisure management

Wider reading to prepare for the course

- Clegg: Exercise Physiology
- Donnellan: Issues in Sport
- Honeybourne, Michael Hill and Helen Moors: Advanced PE and Sport
- James, Thompson and Wiggins: A-Z PE Handbook
- Jarvis: Sport Psychology
- McArdle, Katch, Katch: Exercise Physiology
- Pearson, BTEC Nationals Sport Student Book 1
- Pearson, Revise BTEC National Sport Units 1 and 2 – Revision Guide
- Schmidt: Motor Learning & Performance
- Tudor: Periodisation – Training for Sport
- Wesson, Wiggins, Thompson, Hartigan: Sport and PE
- Wigglesworth: The Evolution of English Sport



PHYSICAL EDUCATION (BTEC LEVEL 3 NATIONAL)

HEAD OF DEPARTMENT

Mr P King

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Exam Board

Pearson - Edexcel

Specification

2017 Diploma

COURSE DETAILS - 360 HOURS (EQUIVALENT TO 1 A-LEVEL)

Course outline:

Unit 1 - Anatomy and Physiology

Unit 2 - Fitness Training and Programming for Health, Sport and Well-Being

Unit 3 - Professional Development in the Sports Industry

Unit 5 - Application to Fitness Testing

Assessment:

Coursework - 33% (Unit 3 and 4)

Examinations - 67% (Unit 1 - examination, Unit 2 - controlled)

Higher education courses linked to the subject:

Having studied BTEC Sport you will be able to study Sports Science, Sports Studies, PE teaching, Sport and Fitness, Sports Coaching, Sports nutrition, Sports Psychology.

Careers linked to the subject:

Possible career options include sports coach, fitness instructor, sports therapist, sports nutritionist, PE teacher, leisure management.

IAL EXTENDED CERTIFICATE)

HOW WILL I BE ASSESSED?

Year 12 course outline	Details
Unit 1	Anatomy and Physiology (M) - External Exam
Unit 2	Fitness Training and Programming for Health, Sport and Well-Being (M) – External Exam
Unit 3	Professional Development in the Sports Industry (M) – Internal Assessment
Unit 5	Application to Fitness Testing (O) – Internal Assessment

WIDER READING

- McArdle, Katch, Katch: Exercise Physiology
- Pearson, BTEC Nationals Sport Student Book 1
- Pearson, Revise BTEC National Sport Units 1 and 2 – Revision Guide



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