

# **BTEC SPORT – DEVELOPMENT, COACHING, FITNESS**

**Level:** BTEC Level 3 Diploma

**Awarding Body:** Edexcel

## **Course Content**

The BTEC Level 3 Diploma is designed to broaden and expand upon different vocational areas of sport and it is suitable for those who have decided that they wish to enter a particular area of work that involves an element of development, coaching or fitness. This is a 2 year course in which students will complete 13 units across a broad spectrum of sports related areas.

## **Compulsory Units**

- Principles of Anatomy and Physiology in Sport
- The Physiology of Fitness
- Assessing Risk in Sport
- Fitness Training and Programming
- Sports Coaching
- Sports Development
- Fitness Testing for Sport and Exercise
- Practical Team Sports
- Practical Individual Sports

## **Optional Units**

- Outdoor and Adventurous Activities
- Sports Nutrition
- Current Issues in Sport
- Leadership in Sport
- Exercise, Health and Lifestyle
- Instructing Physical Activity and Exercise
- Psychology for Sports Performance
- Sports Injuries
- Sport and Exercise Massage
- Rules, Regulations and Officiating in Sport
- Organising Sports Events
- Physical Education and the Care of Children and Young People
- Sport as a Business
- Work Experience in Sport
- Sports Facilities and Operational Management
- Sports Legacy Development
- Profiling Sports Performance
- Research Investigation in Sport and Exercise Sciences
- Laboratory and Experimental Methods in Sport and Exercise Sciences

## **Teaching and Learning Methods**

A wide variety of teaching and learning methods are used on the course, including both theory and practical methods. Students will be involved in the teaching and coaching of younger students at various times of the course, applying the knowledge they have learnt from their theory based lessons. The majority of work will be coursework based and will be completed as a project style assignment.

**Skills and Commitment**

Students should have a genuine interest in sport, in particular a keen interest in development, coaching or fitness. It is not essential but an involvement in a team outside of school would be an advantage and students must have a good level of fitness.

**Cost**

Students may be asked to buy the textbook at the start of the course. Throughout the course there may be the opportunity to visit training institutes and leisure facilities that may incur a cost but these will be kept to a minimum.

**Progression**

This course will develop your written work, communication and leadership skills and independent research skills. Whilst it could lead to a career in sports development, coaching or fitness, it will also benefit those looking to go to university to study sports science, sports development or coaching and teaching.

**Entry Requirements:**

Sixth Form entry requirements of 5 A\* - C grades as well as a grade C or above in Physical Education. A grade C in English Language would be of benefit but not essential.

**Contact**

For further information please contact Miss C Smit, Head of Physical Education.