



Course Title: BTEC Level 3 National Extended Certificate in SPORT
Awarding Body: EDEXCEL
Equivalent to 1 full A Level qualification
Further information available from: MR BARTER

Course requirements: A Merit in BTEC L2 Sport. Grade 4 or higher in GCSE Double science or grade 4 in GCSE Chemistry and Biology.

The Edexcel BTEC National Level 3 Extended Certificate in Sport is a 360 guided learning hours (GLH) qualification that consists of 3 mandatory units and 1 optional unit. This is a two-year, theoretical course with a limited amount of practical work.

Mandatory units

- Anatomy and Physiology (120GLH)
- Fitness Training and Programming for Health, Sport and Well-being (120GLH)
- Professional Development in the Sports Industry (60GLH)

Optional unit

- Sports Psychology (60GLH)

Unit 1 - Anatomy and Physiology is assessed through a 1 hour 30-minute external examination set and marked by the exam board. Students draw on essential information to create written answers to practical questions applying technical knowledge.

Unit 2 - Fitness Training and Programming for Health, Sport and Well-being is assessed by students interpreting lifestyle factors and health screening data from a scenario and stimulus information in order to develop and justify a fitness training programme and nutritional advice based on these interpretations. This involves a two and a half hour written assessment in controlled conditions.

Unit 1 and Unit 2 form 67% of the total marks for the qualification.

Unit 3 - Professional Development in the Sports Industry is assessed through a series of assignments, which contain tasks set in a work-related scenario. These are set and marked internally and moderated by the exam board.

Unit 6 – Sport Psychology is also assessed through assignments containing tasks set in a work-related scenario. These are set and marked internally and moderated by the exam board.

Each Assignment has deadlines; in order to pass the course deadlines must be met. Unit 3 and Unit 6 form 33% of the total marks for the qualification. This course is designed to give you the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance in working life or further study at university.