

Sport - Single



**BTEC Level 3 National
Extended Certificate
Equivalent to 1 A Level**

Equivalent to one A Level, this two-year course is ideal for students interested in sport, fitness, coaching and the wider sports industry. You will develop your understanding of anatomy, fitness training and career opportunities through a combination of practical activities and theoretical study.

Entry Requirements

- **Minimum Standard:** Five or more grades at 4+ in GCSE or equivalent, including English and Maths.
- **Additional Criteria:** Minimum standard with a 5+ in English (Lang or Lit).

What will you learn?

You will study four units covering Anatomy and Physiology, Fitness Testing and Training, Career Development in Sport and Active Leisure, and Sport Leadership. You will explore how the body's systems work and respond to exercise, learn how to assess fitness levels and develop effective training programmes. You will also investigate career opportunities within the sports industry, develop leadership skills and gain an understanding of the qualities needed to work in sport and active leisure.

How will you learn?

You will learn through a combination of classroom theory, practical sports sessions, fitness testing and independent study. You will apply your knowledge to realistic sporting scenarios, carry out fitness assessments, plan training programmes and develop your leadership skills through practical activities. Research projects, presentations and coursework assignments will help you build confidence, communication, problem-solving and analytical skills.

How will you be assessed?

50%

External Assessment

Written examinations and externally assessed tasks covering anatomy, physiology and fitness training.

50%

Coursework

Internally assessed assignments, practical activities and projects.

Where will it take you?

This qualification supports progression to university, apprenticeships or employment in sports coaching, fitness, leisure and sports development. It can be studied alongside other A Levels or vocational qualifications.

Who should you talk to?

Please speak to Mrs Plunkett or email:
katy.plunkett@thebourneacademy.com