

Sport - Triple



**BTEC Level 3 National
Extended Diploma
Equivalent to 3 A Levels**

Equivalent to three A Levels, this full-time, two-year qualification provides an in-depth understanding of sport and the sports industry. Combining practical experience with theoretical study, you will develop the knowledge, skills and confidence needed for further education or a career in sport.

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 14 units covering a wide range of subjects including Anatomy and Physiology, Fitness Testing and Training, Sports Psychology, Sports Leadership, Practical Sport, Coaching for Performance and Sports Development. You will also explore Skill Acquisition, Sports Injury Management, Research Methods, Event Planning, Business Operations, Rules and Regulations, Career Development and Work Experience. These units will develop your understanding of sports performance, coaching techniques, injury prevention and the organisation and management of sport.

How will you learn?

You will learn through a combination of classroom theory, practical workshops, coaching sessions, fitness testing and industry-related projects. You will have opportunities to plan and deliver coaching activities, organise sporting events, analyse performance and apply sports science principles in practical settings. Independent research, group assignments and work experience will help you develop leadership, teamwork, communication and organisational skills. You will also gain experience working with younger students and alongside professionals involved in the sports industry.

How will you be assessed?

30%

External Assessment

Written examinations and externally assessed tasks covering units such as Anatomy and Physiology, Fitness Testing and Sports Development.

70%

Coursework

Practical assessments, coaching activities, presentations, written assignments and portfolios across specialist sports units.

Where will it take you?

This qualification prepares you for university, apprenticeships or employment across the sports industry. Progression routes include sports science, coaching, fitness, sports development, leisure management and physical education.

Who should you talk to?

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