

Type of course – Applied General

Course Overview

This course is a new and exciting level 3 sports course that provides students with the necessary skills and qualities to progress on to higher education and ultimately a career in the sports sector. In our fantastic sports facilities, you will learn how to use a variety of assessment methods to analyse sporting performances and use this information to improve your own performance in a selected sport. You will focus on developing your leadership skills so that you are an effective sports leader who is capable of leading a team during sport and exercise activities. You will also develop a deep understanding of how the interrelationships of the body systems allow us to take part in a huge variety of sport and exercise activities and push ourselves to achieve extraordinary feats. For example, what is it that makes Usain Bolt run 100m in 9.5 seconds and why can Mo Farah run for over 2 hours without getting tired? Through studying this course you will be able to give detailed answers as to why the human body can perform to such extremes.

Course Content

Year 12:

Unit 1: Anatomy and Physiology

Unit 7: Practical Sports Performance

Year 13:

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

Unit 3: Professional Development in the Sports Industry

Assessment

In total you will study 4 units across 2 years. Units 1 and 2 are externally assessed with unit 1 being an exam 1.5 hours in length. Unit 2 is a written task comprising of two parts (A and B). Part A will contain a scenario based on an individual who requires guidance on training, lifestyle and nutrition and you will need to carry out research and make notes over a two-week period before completing Part B which is a supervised assessment session where you will complete a written task based on the scenario you have been researching. Units 3 and 7 are both 100% coursework and are assessed internally through a variety of assessment methods such as assignments, presentations and practical performances.

Careers and Opportunities for Further Study

On completion of this course there are clear routes of progression should you want to continue in this field of work, including specialist higher education establishments. You will gain work related skills to take with you into any chosen career, however this course would suit students looking to have a career in the Sports industry, such as: PE teaching, sports journalism, sports marketing, fitness instructor, personal trainer, sports coaching, physical trainer in the armed forces, sports lecturing.

Entry Requirements

Merit in Level 2 BTEC Sport