

BTEC National Extended Certificate in Sport



Subject Overview

The BTEC National Extended Certificate in Sport offers a greater insight into the sports industry. If you are interested in the sports and exercise industry, then you should look no further than this programme. Whether it is supporting elite athletes to reach their full potential or introducing sport to a young person for the first time, with a career in sports you can play an important role in leading people to a healthy lifestyle.

Subject Information -

The course is made up of 4 units which cover the broad range of the sports industry. Two of the units are assessed internally through the production of a portfolio of evidence. This evidence is generated through written assignments, presentations, or practical demonstrations. Two of the units are assessed externally through an exam and set tasks.

Units	GLH (Guided Learning Hours)	Details
Unit 1: Anatomy and Physiology	120 Mandatory	Externally Assessed <ul style="list-style-type: none"> Written examination set and marked by Pearson. 1.5 hours. 80 marks.
Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing	120 Mandatory	Externally Assessed <ul style="list-style-type: none"> A task set and marked by Pearson and completed under supervised conditions. In Part A, learners will be given a case study one week before a supervised assessment period in order to carry out preparation. In Part B, the supervised assessment period is 2.5 hours as timetabled by Pearson. Written submission. 60 marks
Unit 3: Professional Development in the Sports Industry	60 Mandatory	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: jobs in the sports industry, personal skills audit, sports recruitment. Identifies personal strengths and areas for development in interview technique.
Unit 4: Sports Leadership	60 Optional	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: roles, qualities and characteristics of effective sports leadership, importance of psychological factors, leadership styles. Identifies personal strengths and areas for development in sports leadership.
Unit 5: Application of Fitness Testing	60 Optional	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: principles of fitness testing, components of fitness, fitness test results analysis. Identifies particular strengths and areas for development in fitness testing in order to improve performance.
Unit 6: Sports Psychology	60 Optional	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: personality, motivation, competitive pressure, group dynamics, psychological skills training, and programme design to improve performance. Identifies particular strengths and areas for psychological development to improve performance.
Unit 7: Practical Sports Performance	60 Optional	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: Rules and Regulations of specific sports, tactical and technical demands of specific sporting activities, and practical performance in selected sports. Identifies particular strengths and areas for development in sporting activities in order to improve performance.

What opportunities this course could lead to:

- Sports Coaching
- Health and Well-being Coach
- Occupational Health
- Sports Entrepreneur
- Sports Therapy
- Personal Trainer
- Sports Development
- Performance Analyst
- Sports Psychology
- Physiotherapy
- Sports Science

Course requirements:

In order to study this course, you must have achieved at least a level 5 in Maths, English and Science.

You would have also studied GCSE PE or an equivalent course achieving a 4 or Level 2 Merit.

Additional Materials

- **Pearson BTEC National Sport – Student Book 1 (2016 specification)**
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- www.1st4sport.com – Coachwise
- www.bases.org.uk – The British Association of Sport and Exercise Sciences
- www.humankinetics.com – Human Kinetics
- www.sportsci.org – Sport Science
- www.sportscoachuk.org – Sports Coach UK
- www.brianmac.co.uk – BrianMac – sports drinks, fitness testing, training, programming
- www.doh.gov.uk – Department of Health – obesity, healthy eating, initiatives, factsheets for government recommendations for physical activity (various age groups)
- www.uk sport.gov.uk/jobs – UK Sport
- www.jobsinsports.com – Jobs in sports
- www.sportengland.org – Sport England
- www.statistics.gov.uk – UK National Statistics
- www.uk sport.gov.uk – UK Sport
- <http://personality-testing.info> – links to Cattell’s 16 Personality Factors test
- <http://similarminds.com> – links to Eysenck’s Personality Inventory test
- www.princes-trust.org.uk – Information about starting up a small business
- http://www.teachpe.com/sports_psychology/information_processing.php – The website has useful information about information processing.