

BTEC National Extended Diploma 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 14 units which cover the broad range of the sports industry. 10 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. Four of the units are assessed externally through an exam and set tasks.

Mandatory Units

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	Externally Assessed <ul style="list-style-type: none"> Written examination set and marked by Pearson. 2.5 hours. 60 marks.
Unit 3: Professional Development in the Sports Industry	60	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.
Unit 4: Sports Leadership	60	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.
Unit 7: Practical Sports Performance	60	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: National Governing Bodies, rules, laws, and regulations, skills techniques and tactics, practical performance, performance analysis.
Unit 8: Coaching for Performance	60	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: skills, knowledge, qualities and best practice, practice used to develop skills, techniques and tactics, planning, caching impact analysis.
Unit 9: Research Methods in Sport	60	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: research in sporting environments, issues impacting the effectiveness and quality of research, application of research methods/
Unit 19: Development and Provisions of Sport and Physical Activity	120	Externally Assessed <ul style="list-style-type: none"> Written examination set and marked by Pearson. 2.5 hours. 60 marks.
Unit 22: Investigating Business in Sport and Active Leisure Industry	90	Externally Assessed <ul style="list-style-type: none"> Written examination set and marked by Pearson. 3 hours. 64 marks.
Unit 23: Skill Acquisition in Sport	90	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: skill performance, information processing, theories of teaching and learning in sport, application of teaching strategies. Identifies personal strengths and areas for development in sports coaching.

Optional Units

Units	GLH (Guided Learning Hours)	Details
Unit 5: Application of Fitness Testing	60	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.
Unit 6: Sports Psychology	60	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include personality, motivation, competitive pressure, groups dynamics, psychological skills training, programme design.
Unit 10: Sports Event Organisation	60	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: types of sports events, developing a proposal, planning, promotion and delivery, review of planning promotion and delivery.
Unit 11: Research Project in Sport	60	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: Planning research project, conduct research project, produce written report on research project.
Unit 17: Sports Injury Management	60	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: common sports injuries, physiological and psychological responses, common treatment, rehabilitation methods, risk factors, prevention strategies.
Unit 18: Work Experience in Active Leisure	60	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include: work-placement research, job application process, complete work experience placement, review impact of work experience placement on career development.
Unit 24: Sports Performance Analysis	60	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include methods to analyse sports performance, models, benchmarks, and protocols to analyse performance, application of performance analysis on a team or individual, review analysis and provide feedback.
Unit 25: Rules, Regulations and Officiating in Sport	60	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include roles and responsibilities of official's performance of officials, officiate in a competitive sport.
Unit 26: Technical and Tactical Demands of Sport	60	Internally Assessed <ul style="list-style-type: none"> Two written tasks that are evidenced in a portfolio. Areas covered include technical skills and tactical components of sport for effective performance, methods to measure performance, assess technical and tactical performance at different stages of performance continuum.

What opportunities this course could lead to:

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| • Sports Coaching | • Sports Therapy | • Sports Psychology |
| • Health and Well-being Coach | • Personal Trainer | • Physiotherapy |
| • Occupational Health | • Sports Development | • Sports Science |
| • Sports Entrepreneur | • Performance Analyst | • PE Teacher |
| • Sports Journalist | • Sports Commentator | • Sports Law |
| • Fitness Manager | • Clinical Exercise Physiologist | • Strength and Conditioning |
| • Nutritionist | • Researcher | • Events Management |

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.gov.uk/employment-contracts-and-conditions/overview – Examples of contracts for different roles within the sports industry
- www.princes-trust.org.uk – Information about starting up a small business
- www.gov.uk/write-business-plan – Government services information about writing business plans
- www.nhs.uk – National Health Service – Recommendations for the treatment and management of injury including first aid.
- www.connexionslive.com – provides information, advice, guidance and support service for young people.
- www.work-experience.org – the role of the National Council for Work Experience is to promote, encourage and support the development of quality work experience and workrelated learning for the benefit of employers and learners.
- www.sportsdevelopment.org.uk – sports development in the UK resources.
- http://www.bbc.co.uk/bitesize/higher/pe/skills_techniques/skills/revision/4/ – The website has examples of skills in sport.
- http://www.teachpe.com/sports_psychology/information_processing.php – The website has useful information about information processing.