




# BTEC Level 3 National Extended Certificate in Sport



# Size and structure of the course

- 360 GLH
- Equivalent to one A Level.
- 4 units of which 3 are mandatory and 1 optional
- 2 externally assessed units and 2 internally assessed units

## Year 1

### Unit 1

Anatomy & Physiology

GLH – 120

(33.5% of final grade)

Mandatory – externally assessed

### Unit 7

Practical Sports Performance

GLH – 120

(16.5% of final grade)

Optional – internally assessed

## Year 2

### Unit 2

Fitness Training & Programming for  
Health, Sport and Wellbeing

GLH – 60

(33.5% of final grade)

Mandatory – externally assessed


### Unit 3

Professional Development in the  
Sports Industry

GLH – 60

(16.5% of final grade)

Mandatory – internally assessed




# Year 1 Units

## **Unit 1: Anatomy & Physiology**

- Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.

## **Unit 7: Practical Sports Performance**

- Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports.



# Year 2 Units

## **Unit 2: Fitness Training and Programming for Health, Sport and Well-being**

- Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

## **Unit 3: Professional Development in the Sports Industry**

- Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.

# Career pathways

---

Secondary PE teaching

---

Physiotherapy

---

Primary school teaching

---

Paramedic

---

Sports coaching

---

Business management

---

Sport and exercise science

---

Sports psychology

---

Sports journalism

---

Sports analyst (OPTA)

## Developing skills

### Cognitive and problem-solving skills:

- use of critical thinking, creative solutions, use of technology

### Intrapersonal skills:

- communicating, working collaboratively, negotiating and influencing, self-presentation

### Interpersonal skills:

- self-management, adaptability and resilience, self-monitoring and development.

# What makes me suitable for the course?

- A passion for sport
- Previous experience in a sport course is helpful not essential.
- Willingness to learn
- Good work ethic
- Desire to improve
- Act on feedback



# Any Questions?

If you want a copy of the information in this slide, please take a card with the QR code.