



KIRKHAM
GRAMMAR SCHOOL

BTEC SPORT

The course followed at KGS is the BTEC Level 3 National Extended Certificate in Sport.

WHY ARE BTECS SO SUCCESSFUL?

BTECs embody a fundamentally learner-centred approach.

THE COURSE

Unit 1: Anatomy and Physiology

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

This unit is assessed externally with a 1.5 hours written examination set and marked by Pearson.

Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing

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

This unit is assessed externally with a task which is externally set and marked by Pearson and completed under supervised conditions.

Unit 3: Professional Development in the Sports Industry

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

This unit is assessed internally through various tasks and is moderated externally by Pearson.

Unit 4: Practical Sports Performance

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

This unit is assessed internally through various tasks and practical sessions and is moderated externally by Pearson.