



Sixth Form Handbook

BTEC Sport

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About the BTEC Sport Course

BTEC Sport qualifications in Sport provide an introduction to the sector for learners looking to build a career in sport, within one of its occupational areas. These areas include careers in exercise and fitness, coaching and leadership, sports development and the outdoors.

The specification has been structured to allow learners maximum flexibility in selecting optional units, so that particular interests and career aspirations within the sport and active leisure sector can be reflected in the choice of unit combinations.

Which pupils do well at BTEC SPORT?

- Have a keen interest in sport and recreation and you always look forward to your PE lessons.
- Take part in sport and recreation out of school.
- Want a course which develops knowledge and understanding of the benefits of sport and exercise.
- Want to improve your performance in a range of sports roles.
- You are interested in fitness and health, personal training and coaching young people.

How does the qualification provide employability skills?

In the BTEC National units there are opportunities during the teaching and learning phase to give learners practice in developing employability skills. Where employability skills are referred to in this specification, we are generally referring to skills in the following three main categories:

- cognitive and problem-solving skills:** use critical thinking, approach non-routine problems applying expert and creative solutions, use systems and technology.
- intrapersonal skills:** communicating, working collaboratively, negotiating and influencing, self-presentation.
- interpersonal skills:** self-management, adaptability and resilience, self-monitoring and development.

There are also specific requirements in some units for assessment of these skills where relevant. For example, where learners are required to undertake real or simulated activities.

What could this qualification lead to?

The qualification carries UCAS points and is recognised by higher education providers as contributing to meeting admission requirements for many courses, if taken alongside other qualifications as part of a two-year programme of study. It combines well with a large number of subjects and supports entry to higher education courses in a very wide range of disciplines (depending on the subjects taken alongside). For learners who wish to study an aspect of sport in higher education, opportunities include:

- BA (Hons) in Sport Studies and Business, if taken alongside A Levels in Business and Maths
- BSC (Hons) in Sport Psychology, if taken alongside a BTEC National Extended Certificate in Applied Science and A Level in Psychology
- BA (Hons) in Sports Education and Special and Inclusive Education, if taken alongside an A Level in English Language and a BTEC National Extended Certificate in Performing Arts
- BA (Hons) in Sport and Exercise Science, if taken alongside a BTEC National Diploma in Applied Science.

How you will be Assessed

*Pearson BTEC Level 3 National Extended Certificate in Sport – VDK91
Equivalent to 1 A-Level*

YEAR 1	ASSESSMENT
UNIT 1: Anatomy and Physiology	Externally assessed written examination
UNIT 7: Practical Sports Performance	Internally assessed via coursework
YEAR 2	ASSESSMENT
UNIT 2: Fitness Training and Programming for Health, Sport and Well-Being	Externally assessed case study
UNIT 3: Professional Development in the Sports Industry	Internally assessed via coursework

*Pearson BTEC Level 3 National Diploma in Sport – XKK05
Equivalent to 2 A-Level's*

YEAR 1	ASSESSMENT
UNIT 1: Anatomy and Physiology	Externally assessed written examination
UNIT 2: Fitness Training and Programming for Health, Sport and Well-being	Externally assessed case study
UNIT 4: Sports Leadership	Internally assessed via coursework
UNIT 7: Practical Sports Performance	Internally assessed via coursework
UNIT 8: Coaching for Performance	Internally assessed via coursework
YEAR 2	ASSESSMENT
UNIT 3: Professional Development in the Sports Industry	Internally assessed via coursework
UNIT 10: Sports Event Organisation	Internally assessed via coursework
UNIT 22: Investigating Business in Sport and the Active Leisure Industry	Externally assessed synoptic assessment
UNIT 23: Skill Acquisition in Sport	Internally assessed via coursework

*Pearson BTEC Level 3 National Diploma in Sport – XKK05
Equivalent to 3 A-Level's*

YEAR 1	ASSESSMENT
UNIT 1: Anatomy and Physiology	Externally assessed written examination
UNIT 2: Fitness Training and Programming for Health, Sport and Well-being	Externally assessed case study
UNIT 4: Sports Leadership	Internally assessed via coursework
UNIT 5: Application of Fitness Testing	Internally assessed via coursework
UNIT 6: Sports Psychology	Internally assessed via coursework
UNIT 7: Practical Sports Performance	Internally assessed via coursework
UNIT 8: Coaching for Performance	Internally assessed via coursework
UNIT 25: Rules, Regulations and Officiating in Sport	Internally assessed via coursework
YEAR 2	ASSESSMENT
UNIT 3: Professional Development in the Sports Industry	Internally assessed via coursework
UNIT 9: Research Methods in Sport	Internally assessed via coursework
UNIT 10: Sports Event Organisation	Internally assessed via coursework
UNIT 19: Development and Provision of Sport and Physical Activity	Externally assessed case study
UNIT 22: Investigating Business in Sport and the Active Leisure Industry	Externally assessed synoptic assessment
UNIT 23: Skill Acquisition in Sport	Internally assessed via coursework

Course Reading List & Materials

Books:

- Pearson BTEC National Sport Student Book 1 and Book 2 (For the 2016 specification)
- Clegg, C. Exercise Physiology And Functional Anatomy (1995) Feltham Press
- Walder, P. Mechanics And Sport Performance (1998) Feltham Press (1998)
- Burrows, S. Byrne, M. Young, S. AQA AS Physical Education Student Revision Guide (2008)
- Wiggins-James, N. James, R. Thompson, G. AS PE for AQA (2005) Heinemann
- Sports rule books and coaching guides
- Sports Biographies/Autobiographies

Journals

- Journal of Sports Sciences
- Journal of Sport & Social Issues
- All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material
- National newspapers. The sports pages report global events and the biggest issues
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Websites

- www.mypeexam.com
- www.sportengland.org
- www.brianmac.co.uk
- NGB websites e.g. The FA www.thefa.com, The RFU www.rfu.com etc.

Live sport

- Active involvement in a sports club or team is essential.
- Go to live sports fixtures and events – This is fun and may help your grades!

Tasks before September

SUMMER TASK



* Set up your own pro-forma for your BTEC work. The work:

UNIT 1: Principles of Anatomy and Physiology in Sport

Assignment 1

P1 Describe the structure and function of the skeletal system.

P2 Describe the different classifications of joints.

P3 Identify the location of the major muscles in the human body

Try and make your pro-forma individual to you but it must cover all of the basic information!

Can you attempt to complete Assignment 1 from **UNIT 1: Principles of Anatomy and Physiology in Sport.**

Please take an assignment Brief before you leave.

Who can I contact for help?

Mr A Jones (Head of PE) a.jones@poolehigh.poole.sch.uk

Mrs F Scott (Deputy Head of PE) f.scott@poolehigh.poole.sch.uk

