

BTEC Level 3 National Certificate in Sport

Is this course for me?

The course is suitable for anyone with an interest in Sport and Coaching. The course is all coursework based (there are not any exams). There is a lot of independent study required and candidates need to be able to research around the areas of study. There are some practical elements to the course, but these are not assessed. Candidates should show a willingness to develop leadership roles within sport. There are a number of external agencies involved in the delivery of the course to enhance learning.

Course Overview

This course is assessed through coursework only and the assessment procedures are externally moderated. You must be able to manage your own learning and be good at working to deadlines to successfully complete the course.

Units of Study

Year 1 and 2

This course involves 720 Guided Learning Hours (895 TQT) and is the equivalent in size to two A Levels. 9 units of which 6 are Mandatory and 3 are external. The mandatory content includes 75% of the course and the external assessment is 45%, covered over 2 years. Units of study include;

Year 1;

- Anatomy and Physiology
- Fitness Training and Programming
- Health, Sport and Well-being
- Application of Fitness Testing
- Sports Psychology
- Investigating Business in Sport and the Active Leisure Industry

Year 2;

- Skill Acquisition in Sport
- Professional Development in the Sports Industry
- Sports Leadership
- Sports Injury Management

Entry Requirements

It is not a requirement that you should have previously studied GCSE PE or BTEC level 2 in order to take Level 3 BTEC Sport but it could be an advantage. An interest in Sport and Coaching is necessary to join in with class discussion.

What will this course prepare me for?

The course would suit candidates who are considering a variety of jobs in the area of sport and leisure. Depending on the units chosen these areas may include coaching, psychology, fitness training, health and safety executive, sport media and many more.