

**BTEC LEVEL 3 NATIONAL CERTIFICATE**  
**IN SPORT**

**Course Content and Assessment**

BTEC Sport is equivalent to one A level and is accepted by all the major academic universities alongside other A levels.

**This course is divided into four units:**

Unit 1 – Anatomy and Physiology

Unit 2 – Fitness Training

Unit 3 – Professional Development in the Sports Industry

Unit 4 – Sports Leadership

**OR:**

Unit 7 – Practical Sport Performance

Two of the units are assessed via a written exam and the other two units are assessed through practical performance and coursework.

For the practical assessment students need a strong interest in at least one sport which can be selected from a wide variety of activities available from the department.

Sports which have been done outside of college can be used for this qualification. Further details on the units are given below.

**Unit 1 – Anatomy and Physiology.**

This is assessed in a written exam.

**Unit 2 – Fitness Training and Programming for Health, Sport and Well-being.**

This is assessed in a written exam.

**Unit 3 – Professional Development in the Sports Industry.**

This is assessed by doing a project or a presentation.

**Unit 4 – Sports Leadership.**

This is assessed by doing a project or a presentation.

**OR:**

**Unit 7 - Practical Sport Performance.**

This is assessed via practical performance and a project.

This unit gives you the opportunity to improve your own knowledge and practical ability in a selection of individual and team sports. You will develop your own practical performance in selected sports through participation in practical activities, followed by a reflection on your performance.

The rules and regulations of the selected sports are also investigated, since an awareness of the rules can often lead to an improvement in performance.

**Teaching and Learning**

A combination of practical lessons and classroom based lessons

**Progression**

BTEC Sport Level 3 is accepted by the top universities alongside A levels for UCAS points. It links well with many subjects including psychology, sociology and biology or chemistry.

The course can be used as a stepping stone for many academic studies at University or in preparation for directly linked courses such as Sports Science, Physiotherapy, Leisure and Recreation and Psychology.

**Entry Requirements**

An interest in at least one sport.

GCSE PE is **not** an essential requirement.

**Examination Board**

Edexcel

**Further Details**

Mrs T Robinson