

LEVEL 3 NATIONAL EXTENDED DIPLOMA IN SPORT

SPORT

The course involves study of a variety of sports-related units and aims to provide students with a holistic look at sport and help them to identify their sporting interests.

This course has been designed as a full two-year programme of study, equivalent to three A-levels, enabling students to develop a substantial common core of knowledge, including anatomy and physiology, fitness physiology, risk assessment and fitness training and programming. It includes specific mandatory units which are related to the pathway such as sports coaching, sports development and fitness testing. It also allows students the maximum opportunity to study in more depth a full range of optional areas of their choice. It is mainly designed for students who wish to go into the sports/leisure industry. Students can achieve breadth of study through the large core and extensive options, rather than by studying complementary qualifications alongside it. The qualification allows students to develop the wide-ranging knowledge, understanding and skills required for direct progression into a broad range of roles within the industry they are going to be a part of. The BTEC Level 3 Extended Diploma in Sport also provides a well-established route into a variety of specialist Higher Education (HE) courses, fully meeting entry requirements for most courses.

STUDENTS COMPLETE THE FOLLOWING EIGHT MANDATORY UNITS:

Principles of anatomy and physiology in sport; the physiology of fitness; assessing risk in sport; fitness training and programming; sports coaching; sports development; fitness testing for sport and exercise; practical individual sports;

AND ELEVEN OPTIONAL UNITS CHOSEN FROM THE FOLLOWING:

Practical team sports; outdoor and adventurous activities; sports nutrition; current issues in sport; leadership in sport; exercise, health and lifestyle; instructing physical activity and exercise; exercise for specific groups; psychology for sports performance; sports injuries; analysis of sports performance; talent identification and development in sport; sport and exercise massage; regulations and officiating in sport; organising sport events; physical education and the care of children and young people; sport as a business; work experience in sport; profiling sport performance; research investigation in sport and exercise sciences; laboratory and experimental methods in sport and exercise sciences.

Work experience is included as part of the timetable and a relevant placement forms a compulsory part of the course. Course-related residentials are also offered for the benefit of students. Students can progress on to university to study various sports-related degrees, including P.E. teaching. Other career progressions include the leisure industry, public services, sports coaching, sports management and sports development.

Students also complete the Community Sports Leaders Award through their work in BTEC and have the opportunity of progressing on to the Higher Sports Leaders Award.