

LEVEL 3 SUBSIDIARY 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 helping students to identify their sporting interests.

The BTEC Level 3 Subsidiary Diploma in Sport is equivalent in size to a single A-level and is part of a larger suite of sport qualifications, in a range of sizes, which share the common purpose of helping people to become occupationally ready to take up employment in the sport sector at the appropriate level. This can follow either directly after achieving the qualification or via the stepping stone of higher education in university or college.

By studying a BTEC National, learners develop the knowledge, understanding and skills required by the sector, including essential employability skills, and apply them in real work content. This is primarily an Applied General qualification, which can be studied alongside other vocational or academic qualifications. Its main purpose is to allow learners to develop the core specialist knowledge, understanding and skills required by the sector, including anatomy, physiology and risk assessment.

STUDENTS COMPLETE THE FOLLOWING FOUR MANDATORY UNITS:

Principles of Anatomy and Physiology in Sport
The Physiology of Fitness
Assessing Risk in Sport
Fitness Testing for Sport and Exercise

AND THREE 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.