



BTEC National Diploma in Sport.



BTEC NATIONAL IN SPORT

Why study this subject?

- This is a Vocational qualification, equivalent in size to two A Levels.
- This qualification is particularly appropriate for learners who are interested in Sport and progressing to a career in sport and physical activity development, either directly, or through higher education at University.
- There are 9 units of which 6 are mandatory. There are 3 optional units which are internally set and externally verified.

What you will be studying

| Extended certificate (with other class) | Diploma |
|---|--|
| Unit 1: Anatomy and Physiology (exam) | Unit 4: Sports Leadership |
| Unit 2: Fitness training and programming for health sport and well-being (exam) | Unit 22: Investigating business in Sport and Active leisure (exam) |
| Unit 3: Professional development in the sports industry | Unit 23: Skill acquisition in Sport |
| | |
| Unit 5: Application of fitness testing | Unit 8: Coaching for performers |
| Unit 7: Practical Sports Performance | Unit 18: Work experience in Active Leisure |
| | Unit 25: Rules, Regulations and Officiating in sport. |
| | |



Mandatory Unit Content

BTEC



Unit 1: Anatomy & Physiology - Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems. This is assessed by an external exam.

Unit 2: Fitness Training and Programming for Health, Sport and Well-being - Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and wellbeing. This is assessed by an external exam.

Unit 3: Professional Development in the Sports Industry - Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on a personal skills audit, career action plan and practical interview assessment activities.

Unit 4: Sports Leadership - Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.

Unit 22: Investigating business in sport and active leisure - Learners will investigate how business operates in the sport and active leisure industry and how it responds to trends and other influences. This is an external synoptic task.

Unit 23: Skill acquisition in Sports - Learners investigate the nature of skilled performance, how information is processed and learn theories of teaching and learning.



Optional Unit Content



Unit 5: Application of Fitness Testing - Learners gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness.

Unit 7: Practical Sports Performance - Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports.

Unit 8: Coaching for Performance- Learners will explore, demonstrate and then reflect on the skills and qualities required for coaching and leading physical activities for participation.

Unit 18: Work experience in Active leisure - Learners prepare for, undertake and reflect on a work placement in the sports industry.

Unit 25: Rules, regulations and officiating in sport – Learners will understand the development of the roles and responsibilities of the officials involved in sport, explore the performance of officials in a selected sport, undertake the role of a match official in a competitive sport and review their performance.

Select 3 optional units of your choice

1 = favourite

2 = second favourite

3 = least favourite



NO
GOAL?



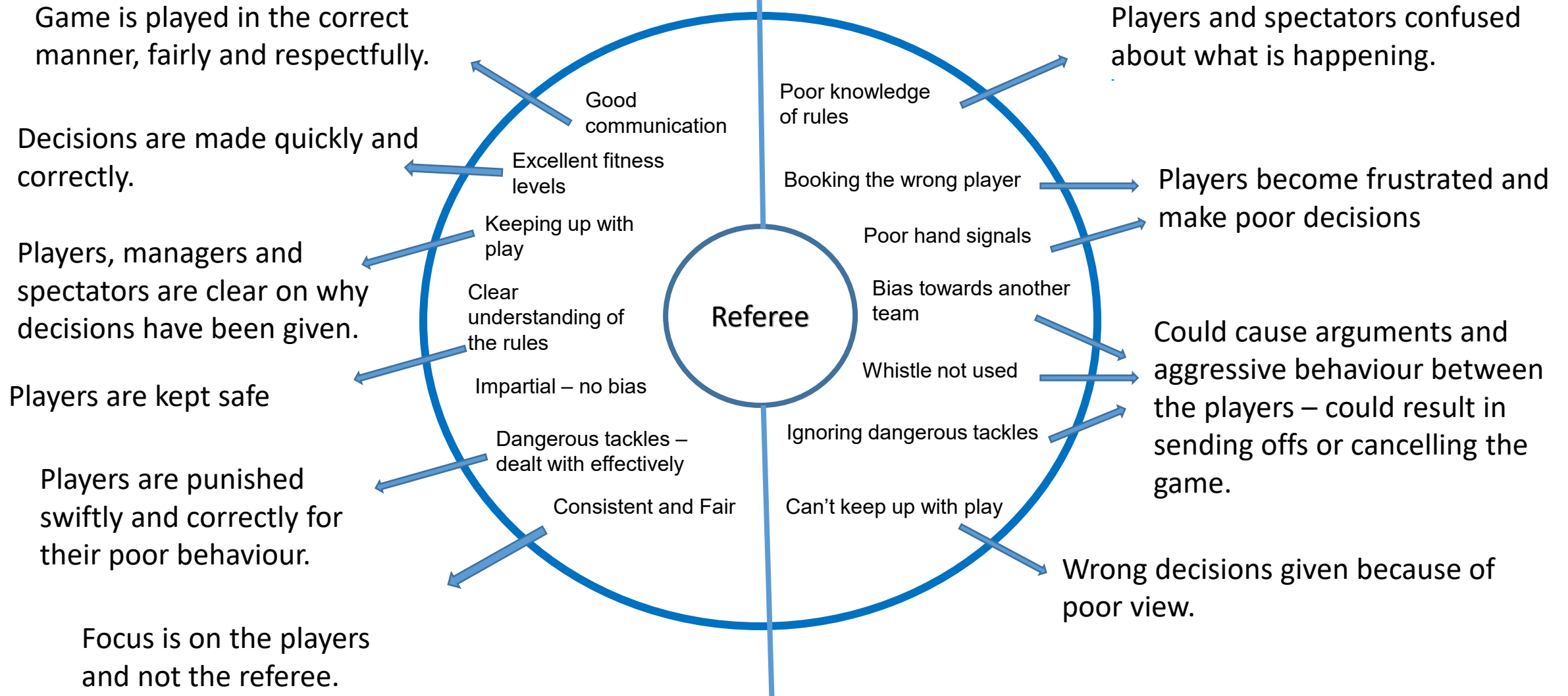
Unit 25: Rules, regulations and officiating in Sport.

What are the necessary skills for a good football referee?



Positive qualities

Negative qualities



FOR – Explain the impact of these qualities, both positive and negative.

This will get you thinking...



Play on! Play on! Play on!



VAR



VAR
NO GOAL

ON-SIDE



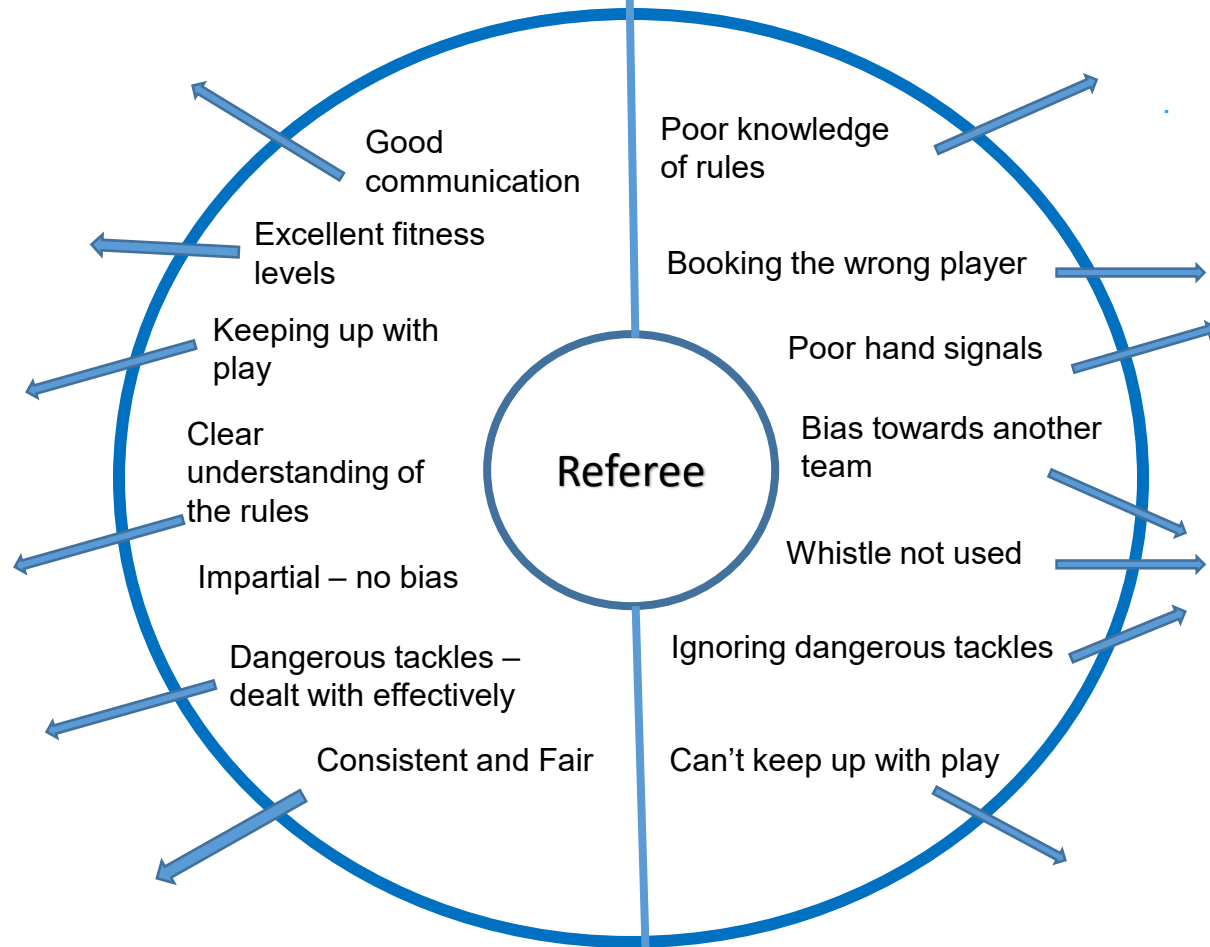


Observation Checklist



Positive qualities

Negative qualities



FOR – Explain the impact of these qualities, both positive and negative.