



BTEC National in Sport.

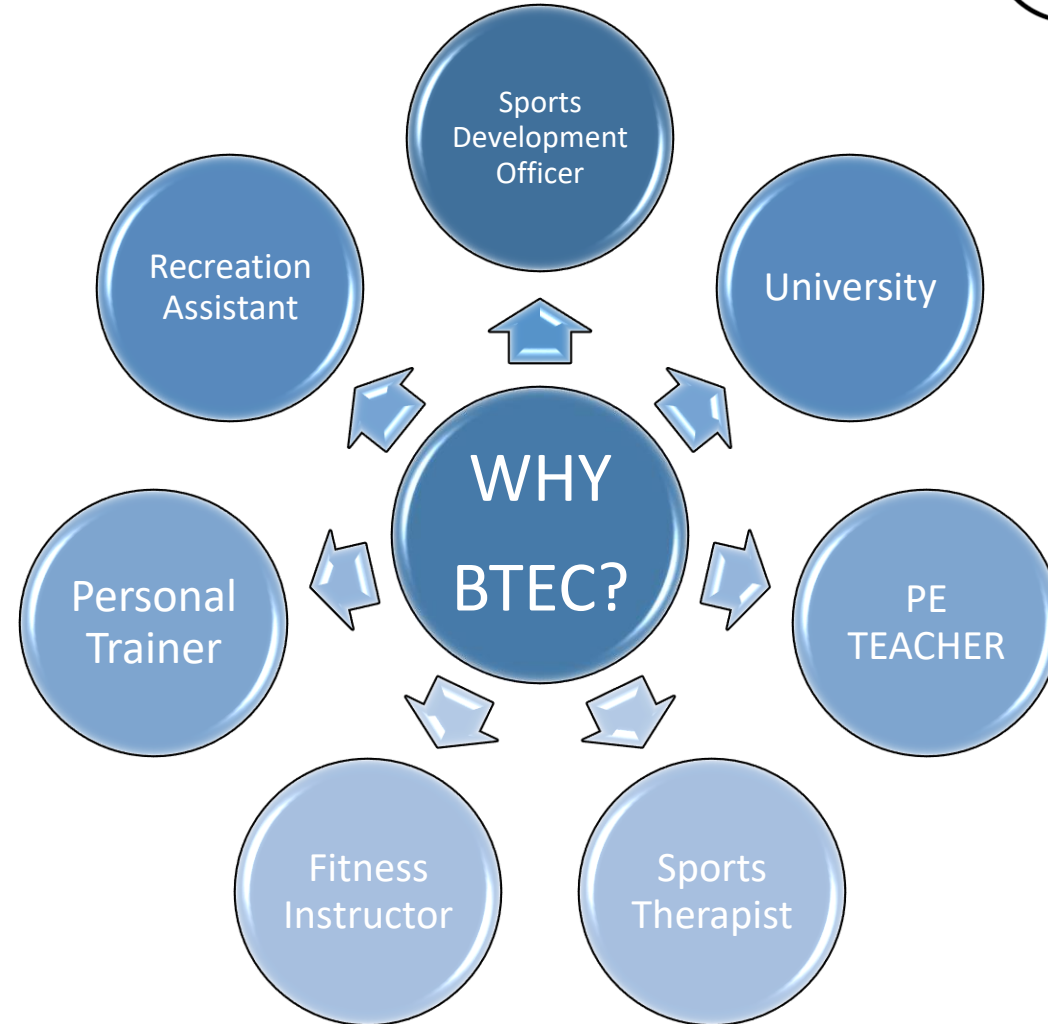


## Why study this subject?

- This is a Vocational qualification. The Diploma is equivalent in size to two A Levels and the Extended Certificate is 1 A level.
- 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.
- Diploma - 9 units of which 6 are mandatory. There are 3 optional units which are internally set and externally verified.
- Extended Certificate – 4 units, 3 are mandatory and one is optional.

# Why BTEC?

- The BTEC National in Sport is recognised by Universities so it can lead to study at Higher Education for entrance in to Sports Careers such as:



# What you will be studying

Extended certificate	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 7: Practical Sports Performance	Unit 5: Application of fitness testing
	Unit 18: Work experience in Active Leisure

More flexibility = more interesting units =  
higher attainment = more UCAS points

# Assessment Methods

- Unit 1 – 1.5 hour exam
- Unit 2 & 22 – externally set tasks in exam conditions and marked by Pearson
- All other units are assessed by assignments set by Pearson with a range of evidence, internally assessed and externally verified by Pearson.
- Entry requirements – 5 x grade 4 including Maths and English, particularly English as there is a lot of extended written work. BTEC Sport at level 2 is very useful.





# Mandatory Unit Content



**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.





# Football Academy

A partnership between The Victory Academy and APD (Advanced Professional Development).



# Unit 4: Sports Leadership.

What are the  
necessary skills for a  
good sports leader?

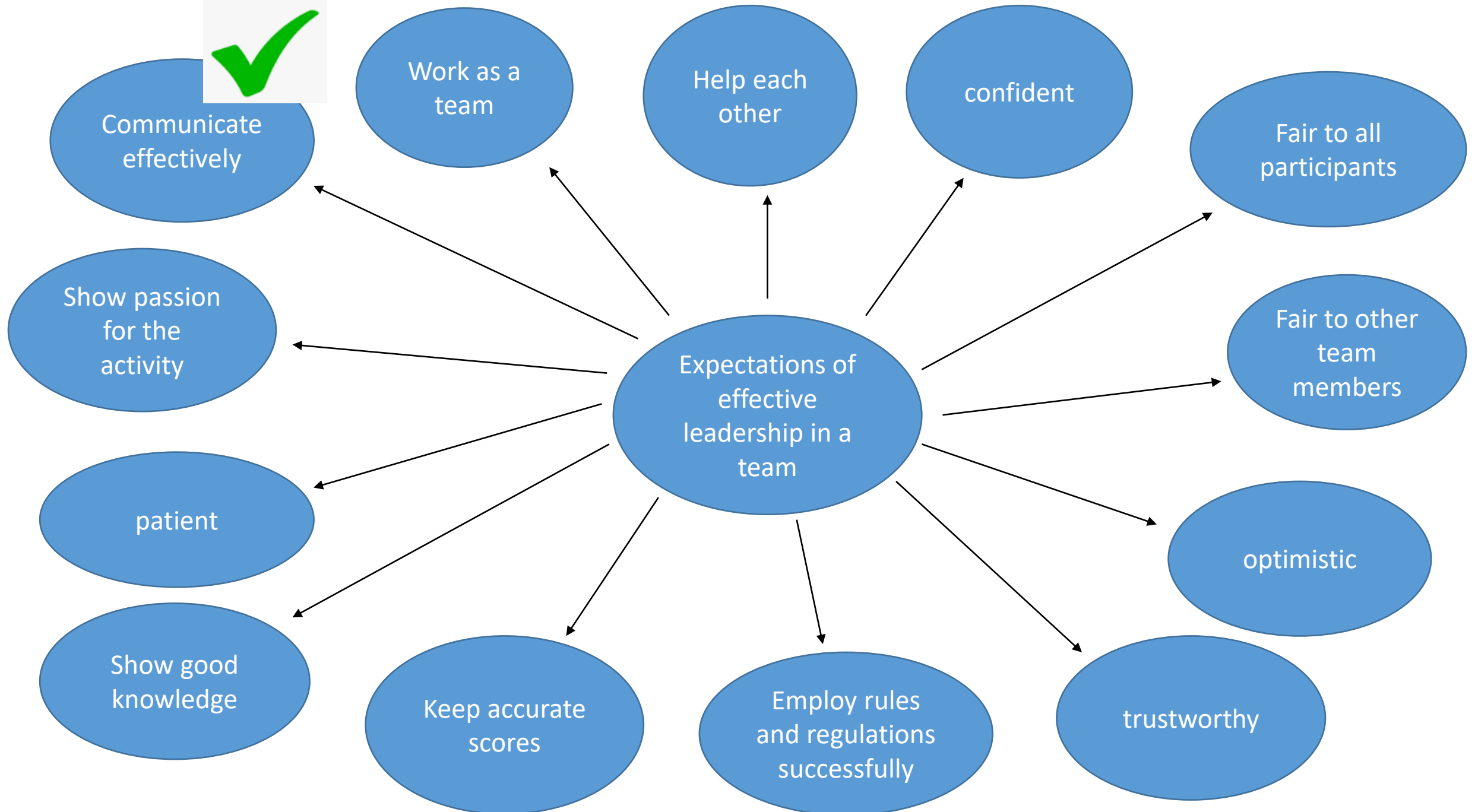




# Unit 4: Leadership in Sport.

What is the teacher from 'Kes' doing wrong? What is the potential impact of his style of sports leadership?







**COACHING**

**SESSIONS**

**AGES:**

**12-16**



SPORTS SESSION PLAN



LEADER:

ACTIVITY:

LOCATION:

GROUP AGE:

GROUP SIZE:

AIM/TARGETS:

TIME	TASK	EQUIPMENT

