

# Sport Academy

## BTEC Level 3 Extended Diploma in Sport

### This Course

This is intended as an Applied General qualification, equivalent in size to three A Levels. It is a two-year, full-time course that meets entry requirements in its own right for learners who want to progress to higher education courses in sport before entering employment.

The content of this qualification has been developed in consultation with academics to ensure that it supports progression to higher education. Employers and professional bodies have also been involved and consulted to confirm that the content is appropriate and consistent with current practice for learners who may choose to enter employment directly in the sport sector.

#### Learners will study the following units:

- Unit 1: Anatomy and Physiology
- Unit 2: Fitness Training and Programming for Health, Sport and Well-being
- Unit 3: Professional Development in the Sports Industry.
- Unit 4: Sports Leadership
- Unit 5: Application of Fitness Testing
- Unit 6: Sports Psychology
- Unit 7: Practical Sports Performance
- Unit 8: Coaching for Performance
- Unit 9: Research Methods in Sport
- Unit 17: Sports Injury Management
- Unit 18: Work Experience in Active Leisure
- Unit 19: Development and Provision of Sport and Physical Activity
- Unit 22: Investigating Business in Sport and the Active Leisure Industry
- Unit 23: Skill Acquisition in Sport

### What could this qualification lead to?

Learners who have completed this qualification in two years may progress to further learning at Level 3. The qualification carries UCAS points and is recognised by higher education providers as meeting, or contributing to, admission requirements for many relevant courses. Learners can progress to higher education on full degree single or combined courses, for example:

- BA (Hons) in Sports Development and Management
- BA (Hons) in Physical Education with QTS
- BSc (Hons) in Sports Management
- BSc (Hons) Sports Business Management
- BSc (Hons) Sport and Leisure Management
- BSc (Hons) Sports Science (Outdoor Activities)
- BSc (Hons) in Exercise, Health and Fitness
- BSc (Hons) in Sport and Exercise Psychology
- BSc(Hons) Sports Performance and Coaching
- BSc(Hons) Sports Therapy
- BSc(Hons) Strength and Conditioning
- FdSc Sports Performance and Coaching
- Certificate Level 4 Sports Massage Therapy

### What's expected from me?

- You need to be passionate about all areas of sport especially anatomy and physiology, health, fitness, training, practical sport, the sport industry, sport injuries and sport psychology.
- You will need to be self-motivated and good at meeting deadlines.
- You will be required to play two sports as part of unit 7.
- This course has a substantial amount of independent study that will require you to conduct an independent research project as part of Unit 9.
- You will be required to organise a work experience placement in the active leisure industry as a part of unit 18 and the Level 2 Sports Leadership Award.
- You will be required to work with a competitive team as part of unit 8.
- You will also be expected to take the Level 2 Sports Leadership Award alongside this qualification which will support your studies as a part of unit 4, unit 8 and 18.

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### Qualification structure

Unit Number	Unit Title	How assessed
1	Anatomy and Physiology	Written examination set and marked by Pearson. <ul style="list-style-type: none"><li>• 1.5 hours.</li><li>• 80 marks.</li></ul>
2	Fitness Training and Programming for Health, Sport and Well-being	A task set and marked by Pearson and completed under supervised conditions. <ul style="list-style-type: none"><li>• In Part A, learners will be given a case study one week before a supervised assessment period in order to carry out preparation.</li><li>• In Part B, the supervised assessment period is 2.5 hours as timetabled by Pearson.</li><li>• Written submission.</li><li>• 60 marks.</li></ul>
3	Professional Development in the Sports Industry	Coursework
4	Sports Leadership	Coursework
5	Application of Fitness Testing	Coursework
6	Sports Psychology	Coursework
7	Practical Sports Performance	Coursework
8	Coaching for Performance	Coursework
9	Research Methods in Sport	Coursework
17	Sports Injury Management	Coursework
18	Work Experience in Active Leisure	Coursework
19	Development and Provision of Sport and Physical Activity	A task set and marked by Pearson and completed under supervised conditions. <ul style="list-style-type: none"><li>• In Part A, learners will be given a case study one week before a supervised assessment period in order to carry out research.</li><li>• In Part B, the supervised assessment period is 2.5 hours as timetabled by Pearson.</li><li>• Written submission.</li><li>• 60 marks</li></ul>
22	Investigating Business in Sport and the Active Leisure Industry	A task set and marked by Pearson and completed under supervised conditions. <ul style="list-style-type: none"><li>• In Part A, learners will be given information two weeks before the supervised assessment period in order to carry out research.</li><li>• In Part B, the supervised assessment period is three hours as timetabled by Pearson.</li><li>• Written submission.</li><li>• 64 marks.</li></ul>
23	Skill Acquisition in Sport	Coursework

**Entry requirements for Sport Academy BTEC Level 3 Extended Diploma:** students should have achieved a GCSE Physical Education Level 4 and a Level 4 in Maths, English and Science.