



BTEC LEVEL 3 EXTENDED DIPLOMA IN SPORT

(3 A-LEVEL EQUIVALENT)

Who is it for?

This course specialises in coaching, sports development and fitness. It is suitable for students who are aiming to go on to university and study a sports related degree; those looking to gain employment within the Leisure and Recreation Industry including Leisure Centre Management, Sports Coaching, Fitness Instructor, Physiotherapy, Sports Science and Sports Retail; or those looking to enter the Uniformed Services.

The course entry requirements are 5 GCSE's at grade C or above including GCSE PE or BTEC Sport (Level 2 Merit) and GCSE English.

Content Outline

The course gives students the skills, knowledge and confidence to work within this sector of the sport industry. Students are also encouraged to take additional sports qualifications such as Community Sport Leader Award and Sport Governing Body courses. Other qualifications include First Aid for Sports Coaches and a variety of opportunities to lead or coach in the community with a range of age groups, through being a part of the leadership academy. Units delivered include: Human Anatomy, Sports Coaching, Nutrition, Fitness testing, Fitness training, Risk Assessment, Human Physiology, Psychology in sport, Sports massage, Sports Injuries, Current issues in Sport, Instructing Physical Activity, Rules and regulations in sport, Athletes Lifestyle and Sports Analysis.

Exam Board Edexcel

The PE Department

The department is made up of dedicated teachers and coaches. They all teach either BTEC Sport or AS/A level PE and also coach one of our many sports, who compete every Wednesday afternoon.

Sport is a big part of everyday life at the College. We offer both competitive sports and recreational sports for students who simply wish to just stay fit and healthy.

The Sports teams train every Monday for two hours and compete in the British Colleges sports league and cups every Wednesday.

The teams available at Wyke College:

5x Male Football

1x Female Football

3x Netball

1x Mixed Basketball

1x Rugby

Recreational activities include badminton, table tennis and volleyball. All students within the College are allowed and encouraged to take part. This is not exclusive to PE students.

Sports Tours and Visits

The PE department organise two trips per year. We run a sports tour to the Isle of Man, where our Football and Netball teams compete against their teams. We also run an outward bound trip to Wales, which involves activities such as rock climbing, bush craft and river walking.

Assessment: Coursework modules over two years

BTEC LEVEL 3 CERTIFICATE (1 AS Level equivalent)/SUBSIDIARY DIPLOMA IN SPORT (1 A2 Level equivalent)

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For Students who are wanting to enrol on the BTEC Sports course as well as s three other Level 3 subjects.

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Units covered

1-Principles of Anatomy and Physiology	}	1 st Year
2-The Physiology of Fitness		
3-Assessing Risk in Sport		
7-Fitness Testing for Sport and Exercise		
4-Fitness Training and Programming	}	2 nd Year
5-Sports Coaching		
11-Sports Nutrition		

Assessment: Coursework modules over one year (Certificate)/ two years (Sub-diploma)

BTEC Level 2 Diploma in Sport (4 GCSE equivalent)

Who is it for?

The course is designed to meet the needs of a learner who has a passion for sport. It is suitable for students who wish to go on to study the Level 3 BTEC extended diploma in sport, or the certificate and Sub-diploma, and those looking to gain employment within the leisure and recreation industry.

Course outline:

In this course you will look at the body and how responds before, during and after exercise. You will also explore health, safety in sport and Injuries. You will then move on to gaining an insight into the Sports Industry and preparing for sport. You will also learn about how to plan and lead sporting activities.

Module descriptions:

In the practical sport unit you will look at improving and developing your own performance as well as examining that of other athletes.

Units:

- Practical Sport.
- Development of personal Fitness.
- Sports Development.
- Anatomy and Physiology for Sport.
- Exercise and Fitness Instruction.
- Planning and Running a Sports Event.

Entry requirements:

4 GCSE's at grade D or above including English.

On all Sport programmes you will have the opportunity to take part in numerous extra-curricular and team sport activities as well as pick up additional Leadership and Coaching awards.

Method of Assessment

You will be assessed through 100% coursework. Throughout the year you will be set assignments, case studies, presentations, leaflets and projects across all topic areas and produce both individual and group work that will be graded at Pass, Merit, Distinction or Distinction*. Grades in all your topics will lead to an overall grade for the final qualification.

Exam Board

Edexcel