

# Sport BTEC



Hertswood

## Why take this subject?

This course covers 4 key areas that are necessary for any student that wishes to pursue a career in the sports industry. It has a combination of sports science, fitness training and leadership. The course is mainly based around theory work but there are opportunities to learn practically throughout the course. You should choose this course if you have a keen interest in sport and a deeper knowledge of how we can improve performance both physically and with the use of coaching.

## What do I need to have studied in year 11?

- You must have at least 5 GCSES at grades 9-4 including English and Maths
- At least a Grade 5 in GCSE PE or Merit in BTEC sport level 2

## What will we study?

In unit 1 you will study the 5 main body systems, Skeletal, muscular, cardiovascular, respiratory and the energy systems. This gives an excellent foundation in how the body works and how it changes during exercise. Unit 2 covers the knowledge required for assessing someone's health and fitness and planning an appropriate training programme for them. Unit 3 covers the processes required in finding, preparing for and applying for a job in the sports industry. Finally, unit 4 looks at the skills, qualities and responsibilities of a sports leader. It also gives students the chance to lead their own sporting sessions.

## How will I be examined?

Unit	Assessment	Weighting
1. Anatomy and physiology	External exam	33.5%
2. Fitness training and programming for health, sport and wellbeing	External exam	33.5%
3. Professional development in the sports industry	Coursework	16.5%
4. Sports leadership	Coursework	16.5%

## What super curricular opportunities will be available to me?

There are chances for students to help run extracurricular clubs and lead school teams for younger students.

## What can this subject lead to?

This is an excellent course to study if you wish to study sports science, sports coaching/teaching or fitness training at a higher level. However, it can be a stepping stone towards any job in the sports industry.

## Subject Specification

[BTEC Level 3 National Extended Certificate in Sport](#)