



**Bideford College**

Part of the Athena Learning Trust

**Sport**



**Subject Information  
For admissions in September**

# Sport



**Exam Board: Pearson EDEXCEL**

**Qualification Title: BTEC Level 3 National Extended Certificate in Sport**

**Specification Link:**

<https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-l3-national-ext-cert-in-sport-spec.pdf>

## **Unit 1: Anatomy and Physiology - EXTERNAL EXAM**

Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems. In order to appreciate how each of these systems function, you will explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance.

## **Unit 2: Fitness Training and Programming for Health, Sport and Well-being - EXTERNAL EXAM**

Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being. In this unit, you will be assessing the lifestyle and nutritional intake of a named case study. How to interpret this information will then be examined. From this information you will explore how to make judgements on a specific individual's current lifestyle and then suggest modifications to help improve the individual's fitness, health and overall well-being.

## **Unit 3: Professional Development in the Sports Industry - INTERNAL coursework**

In this unit, you will research the different possible careers and the associated job roles in the sports industry, then action plan your development towards achieving a selected career aim. You will analyse your own skills and identify how to develop them into a career through the use of a career plan. You will research your chosen career to understand how to access and progress within it. This unit will prepare you for progression to a career in the sports industry either directly or through higher education, by developing your understanding of investigation, career planning and awareness of the skills and qualities that sports employers look for in a potential employee.

## **Unit 7: Practical Sports Performance - INTERNAL coursework**

This unit gives you the opportunity to improve your own knowledge and practical ability in a selection of individual and team sports. You will develop your own practical performance in selected sports, focusing on the application of skills, techniques and tactics and reflecting on your performance. This will be achieved through participation in practical activities, followed by a reflection on your performance. You will have the opportunity to practise and refine your individual skills and techniques, investigating and experiencing different areas of tactics and techniques.

### **Possible Progression Routes:**

Sport could lead to numerous university courses including: Applied Sports Science, Sport & Recreation Management, Sports Journalism, Sport, Health, Exercise and Nutrition, Sports Psychology, Sport Management, Secondary PE & Coaching.

### **Entry Requirements:**

Students will require 5 grade 5+ at GCSE to study Sport

### **Subject Contact:**

Mr J O'Donoghue  
[jodonoghu@bidefordcollege.uk](mailto:jodonoghu@bidefordcollege.uk)

# How to apply?

To apply to Bideford College Sixth Form please complete our online application form:

**<https://www.bidefordcollege.uk/sixth-form>**

Our admissions team will then be in contact to arrange a Sixth Form interview to discuss your options, your aspirations, and to provide advice and guidance on your next steps.

If you cannot access the website, or would like to submit a paper based application please email or call.

**[kgilbey@bidefordcollege.uk](mailto:kgilbey@bidefordcollege.uk)**

**01237 477611**

Further details about all of the courses we offer can be found on our website.