



# BTEC National Level 3 Extended Certificate and Foundation Diploma in Sport

## Examination Board

- Edexcel Pearson BTEC Level 3 National

## Overview

This course develops students' understanding at a National level, through different vocational scenarios. Students study a range of unit, some are mandatory and others are chosen, allowing for greater interest and aspirations for our students.

The course's core elements are seen in almost every aspect within the sport and active leisure sector. Vocational or work related qualifications will give students the opportunity to gain specific knowledge, understanding and skills that are relevant to succeed for future study or a career within the sport and active leisure section.

## Course available

### Extended Certificate

The Extended Certificate is equivalent to one A Level. This includes 4 units of which 3 are mandatory and 2 are externally marked.

The mandatory units are:

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

The selected optional unit:

Unit 7: Practical Sports Performance

### Foundation Diploma

The Foundation Diploma is equivalent to one and half A Levels and includes 7 units of which 4 are mandatory and 2 are externally marked.

The mandatory units are:

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

The selected optional units are:

Unit 6: Sports Psychology

Unit 5: Application of Fitness Testing

Unit 7: Practical Sports Performance

## Assessment:

Unit 1: Set and marked by Pearson, includes 1 hour and 30 minute exam worth 80 marks. The paper contains a number of short and long answer questions that will assess learners' understanding of Anatomy and Physiology.



Formal assessment will take place in May (at the end of Year 12).

Unit 2: In Part A, learners will be given a case study one week before a supervised assessment period in order to carry out preparation.

In Part B, the supervised Assessed is through a 2 hour 30 minute written task, worth 60 marks. The task is set and marked by Pearson. The task will assess learners' ability to interpret lifestyle factors and health screening data from a scenario and stimulus information in order to develop and justify a fitness training programme and nutritional advice based on these interpretations.

Formal assessment will take place in January of Year 13.

All other units are marked internally through a range of coursework assignments. We will look to notify you by email with when these assignments have been set and when the deadlines are to enable you to support your child with meeting these.

### **Study requirements**

- Coursework tasks have set deadlines to work towards throughout the year. These must be met.
- Two to three hours of homework / study per week, during which time specific additional tasks will be set by staff.
- Students will also be expected to keep up to date with current events in sport.
- It is extremely beneficial if students are involved in sport throughout their studies.