

Sport

BTEC – Level 3 EDEXCEL

Extended Certificate

Course Leader: Miss Cariss

What's it all about?

The BTEC Extended Certificate in Sport is equivalent to one A Level qualification and is equally rigorous due to the breadth and volume of work involved. Throughout the course, students accumulate marks towards an overall grade of Pass, Merit, Distinction, or Distinction*.

This varied qualification combines examinations, coursework, and controlled assessments, providing students with multiple opportunities to demonstrate their knowledge and skills. Assessment methods include presentations, reports, video diaries, podcasts, and some essay writing.

The course provides learners with a strong foundation in the sport and physical activity sector, helping them develop the knowledge, practical skills, and professional attributes required for employment, career progression, or further study and training within the industry.

What are the entry requirements?

General Entry Requirements (five Grade 4's at GCSE including English and maths)

What will I learn on this course?

Module 1: Anatomy and Physiology (120 GLH)

Assessed through a written examination that is set and marked by the examination board.

Module 2: Fitness Training and Programming for Health, Sport and Wellbeing (120 GLH)

Assessed through an externally set and marked task completed under supervised conditions.

Module 3: The Sporting Industry (60 GLH)

Assessed through coursework assignments that are set and marked internally.

Module 4: Leadership in Sport (60 GLH)

Assessed through coursework assignments that are set and marked internally.

How will I be assessed?

The externally assessed task is a two-hour, 60-mark controlled assessment in which students analyse lifestyle factors and health screening data to design and justify an appropriate fitness training programme.

The Anatomy and Physiology unit is assessed through a 90-minute, 90-mark written examination. The exam includes a combination of short- and extended-response

questions that assess students' understanding of the body's systems and how they influence sports performance.

The internally assessed units are assignment-based and require students to complete a range of practical and written tasks linked to realistic workplace scenarios. Students will produce evidence in a variety of formats to demonstrate their knowledge, understanding, and skills.

The qualification is graded using the BTEC scale of Pass, Merit, Distinction, and Distinction*.

Who can I contact for further information?

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