



Subject Title: Level 3 BTEC Sport Extended Diploma (Development, Coaching and Fitness)

Exam board: Edexcel

Duration: 2 Years

COURSE DETAILS/UNITS AND AIMS

The Edexcel Level 3 BTEC Sport Extended Diploma (Development, Coaching and Fitness) is suitable for those who wish to build a career in sport, and in particular, sports development, coaching and fitness.

It is equivalent to three GCE A-Levels. You will be assessed internally through coursework: Pass/Merit/Distinction. There are 19 Units to be covered, of which are:

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| 1.Principles of Anatomy & Physiology in Sport | 7.Fitness Testing for Sport & Exercise | 14. Sports injuries |
| 2.The Physiology of Fitness | 8. practical Team Sports | 15.Analysis of Sport Performance |
| 3.Assessing Risk in Sport | 9. Sports nutrition | 16. Talent Identification |
| 4.Fitness Training & Programming | 10.Current issues in Sport | 17. Sport and Exercise Massage |
| 5.Sports Coaching | 11. Leadership in Sport | 18.Rules, Regulations and Officiating |
| 6.Sports Development | 12 Exercise Health and Life-style | 19. Profiling Sports Performance |
| | 13 Psychology for Sports Performance | |

SKILLS AND QUALIFICATIONS REQUIRED

- GCSE PE– Grade C or above, or a BTEC Level 2 Qualification– Merit Grade or above
- Good practical sporting background
- Can work independently
- Able to do further research and reading
- Able to meet deadlines
- Excellent organisational skills

CAREER INFORMATION

University Entry– Higher Education

Employment in the Sports Industry– Leadership/Coaching, Sports Teaching, Organising Sports Events, Personal Training/Fitness Instructing, Physiotherapy

FURTHER INFORMATION PLEASE CONTACT - Mr Daniel Wheller