

Aldercar High School

Post-16

BTEC Level 3 National

Certificate in Sport



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Key Facts:

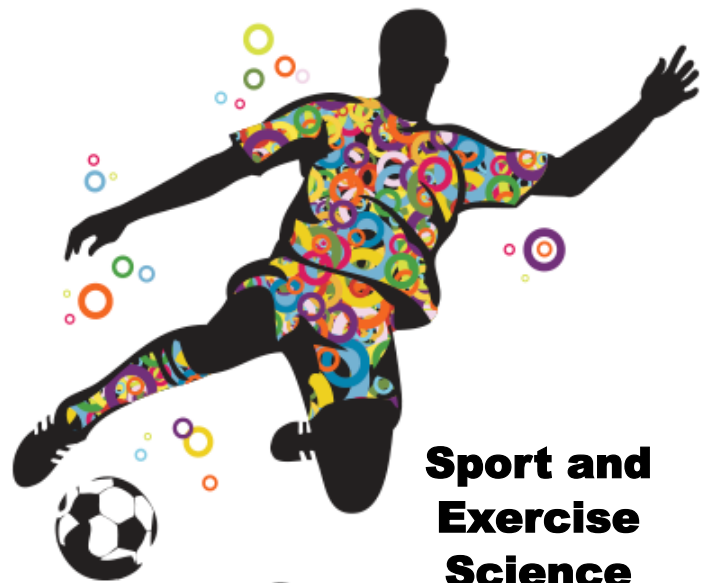
360 guided learning hours

Equivalent to 1 A levels

4 units of which 3 are mandatory and 2 of these being external assessment.

Mandatory content 83%

External assessment 67%



**Sport and
Exercise
Science**

This qualification is designed to support progression to higher education when taken as part of a program of study that includes other appropriate BTEC Nationals or A levels.

Careers pathway

Students completing the course successfully may go on to study Sport and Exercise Science at University or follow a higher level apprenticeship in the Sport and Exercise industry.

Long term career choices may include Physiotherapy, Teaching, Sports Management, Police-force, and Sports Coaching.



Units of Study

Unit 1 Anatomy and Physiology

Assessment: Externally marked paper by Pearson out of 90.

Overview: *Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.*

Unit 2 Fitness Training & Programming

Assessment: Learners will be given a case study one week before the supervised assessment period to carry out preparatory work. The supervised assessment period is a maximum of 2.5 hours as timetabled by Pearson.

Overview: *Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.*

Unit 3 Professional Development in the Sports Industry

Assessment: Internal assessment

Overview: *This unit starts by providing an overview of the sports industry. It then looks at the scope and breadth of the industry in a national and global context. In this context, learners will focus on their chosen pathway and develop an understanding of regulatory bodies, qualifications, employability skills and career pathways in their chosen field.*

Unit 4 Sports Leadership

Assessment: Internal assessment

Overview: *Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.*



**For further information contact
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