



Abbey Gate College
Sixth Form



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BTEC Level 3 Extended Certificate in Sport

Pearson

Why study this course?

The Level 3 Extended Certificate in Sport offers a broad basis of study for the sport sector.

A variety of assessments and methods of teaching – different to A Level, with external units and two internal coursework units to meet the individual needs of every learner and sports performer.

This creates direct progression into university courses or the workplace with experience and practice ready to go into the next steps.

Course Content and Assessment

- *Anatomy and Physiology - skeletal muscles, respiratory system, cardiovascular system and energy systems (External exam).*
- *Sports Psychology – How the mind works during sporting events, psychological theories and the impact of the mind (Coursework).*

Assessment

As above, the assessment is a combination of external exams, coursework and a portfolio of internal evidence

Skills obtained

- *Excellent time management and planning skills with coursework*
- *Good communication within teams and leadership through portfolio based practice*
- *Further knowledge and information in human biology and how the body works*
- *A further love and interest in sport/ health and wellbeing*

Our students have gone on to pursue a number of related pathways including Sports psychology, Sports anatomy and physiology, Sports analyst ,PE Teacher Personal Trainer and Entrepreneurs in the sports industry

- *Fitness Training and Programming for Health, Sport and Well-Being – Health and fitness programmes, nutrition and the wider health industry (External Synoptic Exam with 4 pages of A4 notes taken into the exam)*
- *Professional Development in the Sports Industry – skills audit, real life application to jobs in the sporting industry, interview practice (Portfolio internal evidence).*