



Level 3 National Extended Certificate in Sport

Exam Board: Pearson BTEC

Entry Criteria:

- Health and Fitness or BTEC Sport or GCSE PE (Level 2 Merit or Grade 6)
- English: Grade 5
- Maths: Grade 5
- Biology: Grade 5

Overview

The Level 3 National Extended Certificate in Sport is designed to provide a broad understanding of the sport sector, supporting progression to higher education, particularly when combined with other BTEC Nationals or A Levels. The qualification focuses on both theoretical knowledge and practical application within the sport industry.

The course comprises three mandatory units and one optional unit, ensuring a balanced exploration of key areas in sport.

Mandatory Units:

- Anatomy and Physiology:** Covers the body's systems and their functions, focusing on how they affect physical activity and performance.
- Fitness Training and Programming for Health, Sport, and Well-being:** Students learn how to design effective fitness programs and assess fitness levels for individuals and groups.
- Professional Development in the Sports Industry:** Focuses on career pathways in sports and the skills needed to succeed in the industry.

Optional Unit:

- Sports Leadership:** Provides an understanding of leadership styles and the skills necessary to lead in the sports context.

Assessment Structure:

The qualification is equivalent to one A Level, comprising 4 units.

- 3 mandatory units (83% of the qualification)
- 2 external assessments (67% of the qualification)



How Will I Be Assessed?

- External assessment (67%):** Examinations based on theoretical knowledge.
- Internal assessment (33%):** Coursework based on practical application and assignments.

Reading List

Primary Textbooks

- Pearson BTEC National Sport Student Book 1 (ISBN 978-1-292-13400-0)
- Pearson BTEC National Sport Student Book 2 (ISBN 978-1-292-13406-2)
- BTEC Level 3 National Sport: Development, Coaching, and Fitness Student Book (ISBN 9781846906503)
- Health Fitness Instructor's Handbook by Howley, E.T. & Franks, B.D. (ISBN 9780736042109)
- Anatomy and Human Movement by Palastanga, N. (ISBN 9780750688147)

Wider Reading

- Fitness and Health by Sharkey, B.J & Gaskill, S.E (ISBN 9780736056144)
- Foundations of Sports and Exercise Psychology by Weinberg, R.S. & Gould, D. (2011)



Super-curricular resources

Websites:

- British Association of Sport and Exercise Sciences: (www.bases.org.uk)
- Coachwise: (www.1st4sport.com)
- Sports Coach UK: (www.sportscoachuk.org)
- Sports and Exercise Testing: (www.brianmac.co.uk)
- Sports Injury Clinic: (www.sportsinjuryclinic.net)

Additional Resources:

- Nutrition: (www.livestrong.com)
- Top End Sports: (www.topendsports.com)



Complementary Subjects

- Biology
- Psychology



Career Progression

This qualification provides a pathway to various sport-related careers and university degrees in Sport and Sports Science. The sport industry is vast, offering opportunities in multiple sectors, including teaching, coaching, fitness instruction, sports media, data analysis, sports psychology, physiotherapy, nutrition, and sports management.

Possible career roles include:

- Sports Coach
- Fitness Instructor
- Sports Journalist
- Data Analyst
- Sports Scientist
- Physiotherapist
- Sports Psychologist
- Nutritionist
- Sports Manager