

Sport

BTEC Pearson 601/7218/6

Level 3 – Extended certificate in Sport

Aim

This course helps students understand what it would be like to work in the sporting industry. Over the course, students will gain a deeper understanding around fitness training, and the impacts this has on the body and well-being, as well as looking at their professional development within the sporting industry.

Content

Two units are covered in Year 12, and two in Year 13:

Anatomy and Physiology

Fitness training and Programming for Health, Sport and Well-being

Professional Development in the Sports Industry

Practical Sports Performance

Why

Sport unites people and is a tool used to support everyone's health and well-being. Being able to support both your own and others health and well-being, has such positive effects. This is probably why Sport is one of the most exciting and engaging subjects there is. If you enjoy learning through a practical environment, as well as the theory about how the body and mind work, then this is a great KS5 option!

Assessment

Year 12: Two exams taken in summer 2021

Year 13: Two coursework based units

Teacher: Mr Posner