

BTEC Sport

**Pearson BTEC National Sport
Extended Certificate**



Course Overview

Unit	Title	How is it assessed?	What does it include?
Unit One	Anatomy and Physiology	Exam - 1 hour 30 minutes	Skeletal System, Muscular System, Respiratory System, CV System, Energy Systems
Unit Two	Fitness Training and Programming for Health, Sport and Well-being	Exam - 2 hours 30 minutes	Lifestyle Choices, Diet, Training Methods
Unit Three	Professional Development in the Sports Industry	Coursework Assignment	Applying for jobs, Job Interviews, Personal Skills Audit
Unit Four	Sports Leadership	Coursework Assignment	Skills Vs Qualities, Psychological factors, Leadership Theories

Career Pathways

- Science (Sports Performance Analyst, Biomechanist, Sport and Exercise Psychologist),
- Teaching and Coaching (Primary School Teacher, Secondary School Teacher, Lecturer),
- Media and Marketing (Event Management, Commentating),
- Health and Fitness (Personal Trainer, Nutritionist),
- Sports Development (Sport and Leisure Manager, Outdoor Education) and
- Other (Full time Athlete, Police, Fire Service)

Why study at Ruislip High?

- The BTEC Extended Certificate in Sport offers students the chance to study some key areas within the sports sector.
- We have a track record of excellent results here at Ruislip High.
- The course is well respected by universities and colleges.
- We know you already!

Extra-curricular opportunities

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.

They will explore an effective leadership style when leading a team during sport and exercise activities.



Past Student Success

Matt J

Distinction *



Joe D

Distinction *



Rosie H

Distinction

