

Course Exam Board: Edexcel

Course title: Extended Certificate in BTEC Sport (2016)

Link to website: [BTEC Nationals | Sport \(2016\) | Pearson qualifications](#)

The course is split into two years. Year 1 is a focus on Exam content, whilst Year 2 is focused on Coursework.

Year 1:

Unit 1 – Anatomy & Physiology.

In this unit students will study 5 topic areas concerning Anatomy and Physiology which include:

Skeletal System

Muscular System

Respiratory System

Cardiovascular System

Energy systems.

They will complete a 80 mark written exam question in which they can received the following grades: Near Pass, Pass, Merit, Distinction.

Unit 2: Fitness training and programming for health sport and well-being.

This is a controlled assessment, where students will do research into a given scenario and then answer a number of questions related to that scenario. During this unit students will discover the positive and negative lifestyle factors of engaging in physical education in order to maintain a long healthy lifestyle.

This controlled assessment consists of:

6 Questions. Each question is 12-18 marks. Students will have research time and be able to take notes into the controlled assessment.

Year 2:

Unit 3 : Professional development in the sports Industry.

This is a coursework unit. During this unit the students will look into careers within the sports industry and vocationally apply for a job within the specific area. They focus on developing all the skills necessary to pursue a career in sport. This unit covers for following learning aims:

A – Understanding careers and job opportunities in the sports industry

B – Exploring own skills using a skills audit to inform a career development action plan

C – Undertake a recruitment activity to demonstrate the process that can lead to a successful job offer in a selected career pathway

D- Reflect on the recruit and selection process and your individual performance.

Unit 5 – Application of Fitness Testing.

This is a coursework unit. During this unit students will investigate different fitness test and understand how to administer them safely and correctly. They will investigate raw data shown in the fitness test and made reasonably training plans to improve sporting performance. This unit covers the following aims:

A – Understanding the principles of fitness testing

B- Explore fitness test for different components of fitness

C – Fitness Profiling