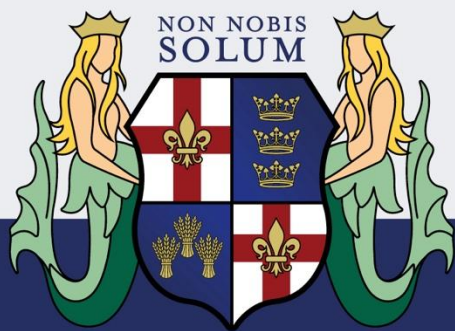




BOSTON HIGH SCHOOL

SIXTH FORM

A mixed Sixth Form in a selective Grammar school for girls

SPORT - BTEC

QUALIFICATION: BTEC Level 3

EXAM BOARD: Pearson

COURSE LEADER:
Mrs Brennan

"A varied & rewarding course which prepared me, in depth, for the challenge, both knowledge based and mental resilience, of a midwifery course at Nottingham Trent"

COURSE CONTENT

The BTEC Level 3 National Extended Certificate in Sport combines practical learning with the study of sport, health and fitness. Equivalent in size to one A Level, the course consists of four units.

A) Anatomy and Physiology

Explore how the body's systems work together to support sports performance.

B) Fitness Training and Programming for Health, Sport and Well-being

Learn how to assess fitness levels and design effective training programmes.

C) Professional Development in the Sports Industry

Develop employability skills, explore career pathways and prepare for progression to higher education or future employment.

D) Optional Unit

Choose from a range of specialist topics, such as Sports Leadership, Sports Psychology, Application of Fitness Testing or Practical Sports Performance.

The course develops key skills including teamwork, communication, research, problem-solving and independent learning through a mixture of practical activities, assignments and real-world sporting scenarios.

PREPARATION FOR STUDYING THIS SUBJECT

A keen interest in sport, health, fitness and physical activity is essential. Students should be prepared to develop both their theoretical understanding and practical skills through a range of coursework, research and vocational activities. Students should enjoy working independently and collaboratively, presenting ideas, analysing information and applying their learning to realistic sporting scenarios.

ASSESSMENT

External Assessment (58%) - Anatomy and Physiology (written examination)
Fitness Training and Programming for Health, Sport and Well-being (controlled assessment)

Internal Assessment (42%) - Professional Development in the Sports Industry
One optional unit selected by the centre

Internal assessment includes assignments, presentations, practical activities, case studies and project work, all of which are externally moderated by Pearson.

FUTURE OPPORTUNITIES

Possible degree pathways include:

- Sport and Exercise Science
- Sports Development and Management
- Sports Business Management
- Sport and Leisure Management
- Exercise, Health and Fitness
- Sport and Exercise Psychology
- Physiotherapy
- Teaching and Coaching
- Health and Wellbeing

The skills developed through the course also support progression into apprenticeships and employment within the sports industry.

ENTRY REQUIREMENTS

Full entry requirements can be found on our website. Please ensure you check these as some courses have subject specific requirements that must be met in addition to the general entry requirements to join our Sixth Form.

