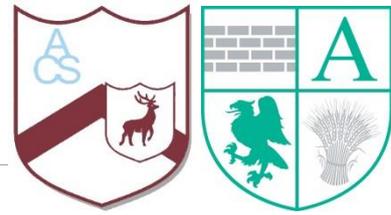


BTEC Level 3 Diploma in Sport



Type of Qualification: BTEC

Level of Course: 3

Description:

You will study the course for two years and complete 12 units. This will give you the equivalent of two A Levels. The Edexcel Level 3 BTEC Diploma in Sport (Fitness Services) comprises of 720 guided learning hours (GLH) for the complete qualification.

There are seven mandatory units:

1. Anatomy and Physiology (written exam - externally assessed)
2. Fitness Training and Programming for Health, Sport and Well-being (Pre Release Task- externally assessed)
3. Professional development in the Sports Industry
4. Application of Fitness Testing
5. Application of Fitness Testing
5. Self –employment in the Sports Industry
6. Instructing gym based exercises
7. Exercise and circuit based physical activity

How is the course assessed?

Unit 1 – Anatomy and Physiology – This will be assessed by a written exam with short and long answer questions assessing understanding of anatomy and physiology and how different systems of the body can affect sports performance.

Unit 2 – Fitness Training and Programming for Health, Sport and Well-being – This is a Pre – Release task. Students will interpret lifestyle factors and health screening data to create and justify a fitness training programme for a client. This will be externally assessed.

All other units will be assessed through the completion of assignments over the two years. As you complete each unit you will be given a pass, merit or distinction grade by your tutor.

Additional Information:

This qualification is aimed at learners looking to progress to employment in the sports sector. It is designed for entry to roles such as gym instructor or fitness instructor, and is appropriate for progression to Level 3 Personal Trainer qualification or degree programmes.

If you decide to go to university or college you could take a degree or a BTEC Higher National in subjects such as Personal Training, Teacher Training and Fitness Programming.