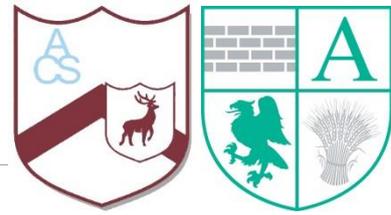


BTEC Sport (Double Option)



Type of Qualification: BTEC Diploma

Level of Course: 3

Description:

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

Students will study nine units over the two year course. Six are mandatory units which are:

1. Anatomy and Physiology
2. Fitness Training and Programming for Health, Sport and Well-being
3. Professional development in the Sports Industry
4. Sports Leadership
5. Investigating Business in the Sport and Active Leisure Industry
6. Skill Acquisition in Sport

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.
- **Unit 22** – Investigating Business in the Sports Industry - This is a Pre Release task. Students will research various sports and leisure businesses and will then have to produce a business plan for a selected sports business. 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.