

# Level 3 Vocational Courses

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## Sport & Physical Activity

### Pearson Edexcel

BTEC NATIONAL EXTENDED CERTIFICATE (2 Years)

BTEC NATIONAL DIPLOMA (2 Years)

#### STUDENTS WILL NEED

Students will need to achieve recommended entry requirements for the Professional Pathway, plus subject specific requirements of:

PE/Sports Studies/ Sports Science GCSE/L2 BTEC/L2 CTEC at P2/grade 4

#### STUDENTS WILL STUDY

##### Mandatory Units

Anatomy and Physiology

Fitness Training & Programming for Health, Sport & Well-being

Professional Development in the Sports Industry

Application of Fitness Testing and Training

##### Specialist Units

Sports Psychology

Technical and Tactical Awareness

The Athletes Lifestyle

Sports Performance and Profiling

Coaching for Sports Performance

##### One Optional Unit to be taught

#### ASSESSMENT

A series of assignments to be completed by students that are set in a work-related scenario that will be marked internally. Tasks will also form part of the assessment procedure and will be completed in controlled conditions.

Unit 2- Fitness Training & Programming for Health, Sport & Well-being

**Pre-release task:** Students will interpret lifestyle factors and health screening data in order to create and justify a fitness training programme based on these interpretations.

##### Unit 1 Anatomy and Physiology written exam

#### POTENTIAL SECTORS OF EMPLOYMENT

Education and Training; Retail and Commercial Enterprise

Leisure, Training and Tourism

Preparation for Life and Work

