

# Sports Studies

**Level 3 BTEC  
National Diploma**  
*Course Leader: Miss A Sprake*

## Entry requirements

- Grade 5 at GCSE PE or Merit in BTEC Level 2 Sports Studies
- A passion, interest and regular participation in sport, fitness and leadership
- Be able to study independently and feel confident at a variety of assessment methods including coursework, practical assessments, on screen tests and written exams

## Why choose this course?

This course offers you the chance to gain a nationally recognised qualification that will allow you to progress into the PE teaching, coaching, fitness or leisure sectors including university routes. This qualification is equivalent in size to two A Levels and has been designed as part of a two-year programme.

You will study units of work that include leadership, coaching, sports science, sports development and fitness, with many of them including field based work in local primary schools and leisure providers. There are a combination of three different assessment methods including coursework (written & practical), controlled assessments and a written exam.

The new specialist courses includes a core of mandatory content plus a range of bespoke units to equip all students with the skills needed in the workplace, or on specialist higher education courses. The Pearson BTEC Level 3 National Diploma's is composed of 720 guided learning hours in size, comprising of nine units studied over the two year course.

## Web Links

<http://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/introductory-guides/BTEC-national-introductory-guide-sport.pdf>

---

## Course content

**What does the course involve?**

### **Btec Level 3 National Diploma in Sport**

#### **Components**

- Anatomy and Physiology
- Fitness Training and Programming for Health, Sport and Well-being
- Professional Development in the Sports Industry
- Sport Leadership
- Investigating Business in Sport and Active Leisure
- Acquiring Skill in Sport
- Three further units from a list of topics including:
- Application of Fitness Testing
- Sports Psychology
- Practical Sports Performance
- Amongst many more!

## **Possible career pathway**

Sport provides an introduction to the sector for learners looking to build a career in sport within one of its occupational areas. These areas include: career in exercise and fitness, coaching, sports development and in the delivery of outdoor activities. The specification has been structured to allow learners maximum flexibility in selecting specialist units so that particular interests and career aspirations within sport can be reflected in the choice of unit combination.

The South West has a growing economy within lifestyle services and visitor economy. It is a critical sector of Plymouth and the UK's overall economy accounting for almost one in five jobs in the UK. The visitor economy in Plymouth contributes significantly to the City's wealth, supporting over 8,000 jobs with significant further growth projected from 2016-2031. With this in mind the new sports offer at Eggbuckland will equip learners with the necessary skills to gain employment in these fast growing sectors in the South West.

In the addition to the lifestyle services and visitor economy many of the UK's frontline forces also based in and around the local area, who would actively seek students to join them with a sports qualification due to the physical, fitness, team work and leadership aspects.

Furthermore the area is home to a range of growing Universities who offer a variety of strong academic courses with the teaching, sport & leisure industry. The new BTEC L3 Sport course offered at Eggbuckland will also allow students to progress on to such courses and provide an excellent footing for future teachers, educator or sports coaches.

*Note: This is our current offer which is subject to change*

---