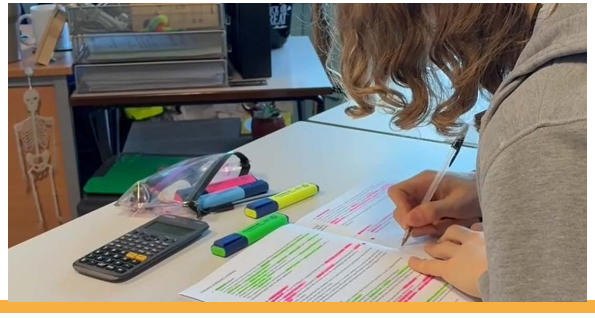
SPORT

An alternative to PE which enables students to focus more on the practical application of training plans and sports psychology and leadership

This course serves as an excellent accompaniment to sport-based activity which allows students to develop their understanding of physiology and training

COURSE DETAILS

BTEC Level 3
Pearson
GCSE Science Grade 4 or higher
The availability of this course is dependent on resource allocation and student numbers.



Students start by exploring anatomy and physiology to understand how the body responds to exercise before moving in to designing training plans for a range of applications such as professional sport or fitness and wellbeing.

Students will gain an understanding of roles within the sports industry including trainers, physiotherapists and dietitians and well as sports management.

Finally students are assessed on either their practical sports performance or their leadership of sport. This can involve taking part in team or solo activities and monitoring progress or developing a plan to coach a team or individual.

Through a mix of external examination and internal NEA, students are assessed throughout the course as they build up their sports portfolio.

Units are a mix of internal and external assessment as follows:

- Unit 1 Anatomy & Physiology
  Written examination 1.5hrs
- Unit 2 Fitness training & programming
  Written examination 1.5hrs
- Unit 3 Professional development
  Internal non-examined assessment
- Unit 4/6 Practical sport or leadership
  Internal non-examined assessment

