

BTEC Level 3 National Extended Diploma in Sport

About the course:

This is a 2 year full time course which aims to introduce students to a wide variety of experiences and knowledge within sport. Our BTEC National Diploma in Sport consists of 14 units and is the equivalent of 3 A-levels. Of these 14 units, 10 are assessed through a range of coursework and internally assessed tasks, 4 are written exam units which are externally assessed.

This is a challenging course. There is both theoretical and practical study across the range of units covered. Students will need to be good at both working independently and working with others, be very organised around their coursework deadlines, and excellent writers. Students will need to work very hard towards the examined components. You must be good against the clock, and also willing to revise and prepare thoroughly.

Areas of study are: Anatomy and Physiology, Fitness Training and Programming for Health, Sport and Well-being, Professional Development in the Sports Industry, Sports Leadership, Practical Sports Performance, Coaching for Performance, Research Methods in Sport, Development and Provision of Sport and Physical Activity, Investigating Business in the Sport and Active Leisure Industry, Skill Acquisition in Sport, Application of Fitness Testing, Sports Injury Management, Rules Regulations and Officiating and Sport and Principles and Practices for Outdoor and Adventurous Activities.

The course offers the chance to develop a wide range of employability skills such as, cognitive and problem-solving skills: the use of critical thinking, approaching non-routine problems, applying expert and creative solutions, the use of systems and technology; intrapersonal skills: communicating, working collaboratively, negotiating and influencing, self-presentation; interpersonal skills: self-management, adaptability and resilience, self-monitoring and development.

Possible subject career paths at University:

Teaching, particularly PE teaching, sports and coaching courses, leisure management, general management degrees. Students who achieve top grades may be able to apply for some physiotherapy or sports therapy courses. Examples of degree courses on offer to students successfully completing the course are: BA (Hons) in Sports Development and Management, BSc (Hons) in Sports Management, BSc (Hons) Sports Business Management, BSc (Hons) Sport and Leisure Management, BSc (Hons) Sports Science (Outdoor Activities), BSc (Hons) in Exercise, Health and Fitness, BSc (Hons) in Sport and Exercise Psychology.

Entry requirements:

5 A*-C grades at GCSE including Maths, English and Science, or Distinction/Merit in BTEC Level 2 First Award in Sport.