

BTEC Level 3 National Extended Diploma in Sport

About the course:

The BTEC Level 3 National Extended Diploma in Sport is 2-year full time course which aims to introduce students to a wide variety of experiences and knowledge within sport. This is a challenging course consisting of 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 willing to revise and prepare thoroughly.

The course consists of 14 units and is the equivalent of 3 A-levels. Of these 14 units, 10 are assessed through a range of coursework, practical and internally assessed tasks, 4 are written exam units which are externally assessed.

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

Application of Fitness Testing

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

Sports Injury Management

Rules Regulations and Officiating and Sport

Current Issues in Sport

*Indicates externally assessed units

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 nonroutine 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 career paths at university:

Teaching, particularly PE teaching, sports and coaching courses, physiotherapy, sports therapy, sports science, leisure management, general management degrees.

Examples of degree courses on offer to students successfully completing the course are:

BA (Hons) in Sports Development and Management

BA (Hons) in Sport, Health and Physical Education

BSc (Hons) Physiotherapy

BSc (Hons) in Sports Management,

BSc (Hons) Sports Business Management

BSc (Hons) Sport and Leisure Management

BSc (Hons) Sports Science BSc (Hons) in Exercise, Health and Fitness

BSc (Hons) in Sport and Exercise Psychology

Entry requirements:

5 4-9 grades at GCSE including Maths, English Language and Science, or Merit grade or above in BTEC Level 2 First Award in Sport.