

# BTEC SPORT

COURSE GUIDE 2019

Sports do not build character,  
they reveal it.

HEYWOOD BROWN

# BTEC SPORT

Level 3

Exam Board: PEARSON



## OUR STUDENTS SAY...

*Carmel is a welcoming college where all of the teachers are happy to help you and treat you like an individual.*

The PE department is extremely friendly. Whilst studying BTEC Sport I particularly enjoyed the Anatomy and Physiology unit as understanding the body systems helps with your performance. I have learnt about the importance of warming up and the different methods for recovery to allow you to perform at your highest level. I also enjoy practical lessons as my teacher always makes them fun and we get to apply the theory we have learnt.

We also visited Hope University to work in world-class laboratories. We looked at fitness testing methods and the body's response to exercise. This was extremely beneficial as it brought the theory to life and helped us see what life at university is like.

**Eleanor Monks** St Gregory's  
Studying: BTEC Sport, BTEC Applied Science, BTEC Health & Social Care, GCSE English



Extended Certificate in Sport - 1 A Level  
Diploma in Sports Performance - 2 A Levels

**The department is offering exciting BTEC qualifications, including both the Extended Certificate and Diploma in Sport. The BTEC Nationals in Sport provide you with vocational courses that combine theory with practical methods of learning in a range of different units.**

### Extended Certificate in Sport

The Extended Certificate in Sport course is equivalent in size to one A Level. As part of this course you will study 4 units designed to provide a broad basis of study for the sport sector. These will include: Anatomy and Physiology (M), Fitness Training and Programming for Health, Sport and Well-being (M), Professional Development in the Sports Industry (M) and Sports Leadership (O).

Assessment on this course involves both internally and externally assessed assignments. You will complete a written examination lasting 1.5 hours as part of the Unit 1: Anatomy and Physiology. For unit 2: Fitness Training and Programming for Health you will complete an externally marked written task.

Internally assessed assignments will involve a range of assessment methods designed to maximise your attainment and engagement and develop employability skills.

### Diploma in Sports Performance

This two A Level equivalent course offers you the opportunity to extend your knowledge of sport through completion of a number of varied, practical and enjoyable units of work. This programme is designed for students who are looking to progress to higher education in this sector.

As part of this course you will complete 9 units of work. Units studied will include: Anatomy and Physiology (M), Fitness Training and Programming for Health, Sport and Well-being (M), Professional Development in the Sports Industry (M), Sports Leadership (M), Skill Acquisition in Sport (M) and Investigating Business in Sport and the Active Leisure Industry (M). Additional optional units you will study include; Practical Sport Performance (O), Coaching for Performance (O) and Work Experience in Active Leisure (O).

Assessment on this course involves 3 externally assessed units including a written examination in unit 1.



Everton Scholars study the BTEC Sport Diploma

Football Team



Basketball Team



## OUR STUDENTS SAY...

*My experience at Carmel has been very positive. The environment is supportive and encourages and empowers you.*

One of the reasons I enjoy studying BTEC Sport is the varied methods of assessment. We complete written assignments, presentations and practical sessions. This allows me to produce different forms of evidence to achieve the grading criteria and develops my written skills, coaching skills, communication and presentation skills, ICT skills and much more. I have also found getting out of the classroom enjoyable as it allows you to apply the theoretical content learnt in a sporting context.

After completing my BTEC Sport course I would like to continue my studies in sport. I am particularly interested in pursuing a career in Teaching or Sports Coaching.

**Joe Cunliffe** St Edmund Arrowsmith (Ashton)  
Studying: BTEC Sport, English Language  
& Literature, Geography



### Studying BTEC Sport

The vocational nature of the BTEC programmes enables staff to enhance learning outside of the classroom. You will participate in a range of practical sessions to extend your knowledge and understanding and these will also form part of your assessment.

As part of our BTEC courses you will attend trips and visits to sports teams, sports venues and local universities, where you will meet with industry professionals and experts in a range of sport related fields. These experiences will help to bring your BTEC course to life as you will see how the theory you are studying in the classroom is applied in the world of sport.

Our students have recently visited the Everton Academy at Finch Farm to attend a seminar with Duncan Ferguson on the role of a coach in sport. They have also visited the Chill Factor and Langtree Park to study Risk Management in Sport as well as Edge Hill and Hope Universities, working in world-class sport science facilities. They have also had the opportunity to attend a number of local schools to develop coaching skills.

As a result of the varied programme you will study, the high quality teaching you will receive and the extensive support available, you will develop an in-depth knowledge and understanding of sport. You will acquire the skills to study a range of sport related degree qualifications or enter the sports industry, allowing you to build a career in sport.

You will further develop your employability skills whilst studying BTEC Sport with us as we are committed to promoting independent learners. The department has high expectations with regards to punctuality, attendance and work rate. You will be required to meet deadlines, demonstrate excellent time management and be reflective and resilient in your approach to your studies. The development of these skills will ensure you are successful in your next steps in education or employment. Alongside this, you will be given opportunities to develop your employability skills further through the completion of additional coaching, first aid and leadership courses. Students who study the Diploma qualification will also complete a work experience unit.

### How will I be assessed?

Units are assessed using a grading scale of Distinction, Merit, Pass and Unclassified. Assignments will require you to produce evidence through a range of methods including written assignments, practical delivery, oral assessments, video blogs, interviews and written tests. All criteria are internally assessed.

### Facilities

The department is equipped with all the facilities required to deliver a high quality Sport course. This includes 3G pitches, outdoor playing fields, sports hall and a state of the art fitness suite.

The department also works closely with local universities to provide students with access to world-class sports science laboratories.

### How will I enrich my studies?

All sports students are encouraged to get involved with the college Enrichment Programme and in particular, the sporting opportunities on offer. Activities available range from the more recreational five-a-side football, table tennis, dodgeball and badminton sessions, to the competitive fixtures in rugby, football, basketball and netball. The department also runs an annual ski trip and organises a number of charity events. Involvement in these activities will be incredibly rewarding and enjoyable.

You will be provided with opportunities to meet with industry experts in the fields of sports science, sports psychology, sports coaching, sports development and many more. You will also be provided with opportunities to attend university workshops and complete additional sports related qualifications including the Sports Leadership Award. Links with businesses locally will allow those completing the Diploma qualification to complete work experience.

## OUR STUDENTS SAY...

*I enjoy the course as the varied content keeps you engaged and improves your knowledge of different areas of sport.*

We have investigated anatomy and physiology, the body's physiological response to exercise, different methods of fitness testing, the factors to consider when designing effective training programmes and the technical and tactical demands of sport. We have also completed a unit in sports coaching which involved practical sessions to assess our coaching knowledge and skills.

This course has equipped me with the knowledge, skills and confidence to be successful in the playing and coaching roles I have outside of college.

I hope to achieve a Distinction and study Sports Marketing at university.

**Connor Musa** The Studio Liverpool  
Studying: BTEC Sport, Business Studies,  
Media Studies



## Frequently Asked Questions

**What are the entry requirements for this course?**

**Grade 4 in GCSE PE** or a **Merit in BTEC Level 2 PE** plus **GCSE grade 4 in English Language, Mathematics and Science.**

**How good do I have to be practically?**

To study the Extended Certificate in Sport you will need to possess a passion for sports and regularly participate in sport or physical activity. Involvement in competition is not essential and practical competence is not assessed.

To study the Diploma in Sports Performance you will need to participate regularly in competitive sport. You will need to maintain this involvement throughout the duration of your studies and you will be practically assessed in two sports.

Willingness to participate in practical lessons is essential for students studying any of our BTEC courses.

**How successful are Carmel's students?**

We are incredibly proud of the fantastic grades achieved by students studying with us. Results for students who completed the BTEC Subsidiary Diploma were 'Outstanding' again in 2018. 97% of students achieved Distinction\*-Distinction grades and 100% of students achieved Distinction\*-Merit grades. This is an amazing achievement for all students and staff involved. Everton scholars studying the BTEC Diploma in Sport achieved fantastic results. They have been hugely successful both on the field and in the classroom.

**Where does this course lead?**

Supporting over 450,000 jobs in the UK, sport is a £20bn industry and this fast growing sector now ranks among the top 15 mainstream activities in the economy. The huge amounts of money in UK sport means that there are more jobs to pursue in than ever before.

You may choose to continue your studies at university and work at the cutting edge of elite sport, supporting top athletes as sports scientists, sports psychologists, strength and conditioning coaches, sports therapists or coaches. Alternatively, you may opt to pursue a career in teaching or working within the health sector. If continuing your studies at university is not the right pathway for you, you may enter the leisure industry and undertake employment or further training. Your BTEC course will prepare you for whatever your chosen next step is and will provide extensive careers guidance to support you. Opportunities in sport today are exciting and vast.

**What else do we offer?**

In addition to trips and visits as part of your course and links with local universities, the PE department also runs an annual ski trip for students across college. In February, thirty-seven students and four staff members departed Carmel in high spirits for the annual ski trip, bracing themselves for a week of exciting snow activities and of course ski lessons in Oberlungau, Austria. Next year's trip promises to be just as exciting and entertaining.



## Meet the Tutors

**Kate McDonnell**  
Head of Department

**Jemma Garvin**  
PE Tutor

**Jamie Hampson**  
PE Tutor

**Lisa Wiswell**  
Sports Assistant

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## More Information

You can get a detailed course specification from the exam board website:  
[www.qualifications.pearson.com](http://www.qualifications.pearson.com)