

COURSE GUIDE 2021

BTEC SPORT

Sports do not build

CHARACTER

THEY
REVEAL
IT.

HEYWOOD BROWN

BTEC Level 3

Exam Board: PEARSON

Full course specification:

www.qualifications.pearson.com

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 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, Fitness Training and Programming for Health, Sport and Well-being, Professional Development in the Sports Industry and Practical Sports Performance.

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, Fitness Training and Programming for Health, Sport and Well-being, Professional Development in the Sports Industry, Sports Leadership, Skill Acquisition in Sport and Investigating Business in Sport and the Active Leisure Industry. Additional optional units you will study include; Practical Sport Performance, Sport Injury Management and Technical and Tactical Demands of Sport.

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

Everton Scholars study the BTEC Sport Diploma



I chose to attend Carmel to access all the support available to students, plus there are many additional enrichment activities such as talks, visits and work experience available too.

I have really enjoyed studying the Diploma in BTEC Sport because the lessons are engaging, the course content is really interesting and the teachers are knowledgeable, supportive and highly organised. I have studied Anatomy and Physiology, Sports Psychology, Fitness Testing, Assessing risk in Sport, Practical Team Sports and many more. I have particularly enjoyed Sports Coaching and the Work Experience units. One of the standout experiences for me was delivering coaching sessions to local primary school children.

Outside of lessons, I have taken part in a number of stretch and challenge workshops to extend my knowledge further. Talks delivered by employees working in the sports industry have included Sports Nutrition, Hydration in Sport, Sports Therapy and Sports Coaching. These have not only helped to highlight different career options available to me in the future, but have also helped with my subject knowledge.

I have also been on a number of trips, including visits to Liverpool Hope University where I carried out physiological tests using specialist technology. These visits gave me the opportunity to learn more about sports related degree courses and to gain experience of using specialist equipment. I would recommend this course to students who are passionate about pursuing a career in sport.

Tom Johnston
Haydock High
Studying: BTEC Sport,
BTEC Applied Science



Facilities

The department is equipped with all the facilities required to deliver a high quality PE 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.

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 explore careers in sport and investigate the technology and exercise science behind elite performance, 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

Netball - 2019 League Champions



employment. Alongside this, you will be given opportunities to develop your employability skills further through the completion of additional coaching 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. There will be a mix of internally and externally assessed units.

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. Links with businesses locally will allow those completing the Diploma qualification to complete work experience.

Rugby - 2019 League Champions



Carmel College has been fantastic for me. During my two years here, I've had many opportunities to learn new things and develop a wider understanding of the subjects I have chosen to study. I have attended support sessions and enjoyed taking part in many trips and visits.

From a very young age I have always been passionate about sport and PE. I chose to study the Dual BTEC Sport course and it was by far the best choice I have made. The course is challenging but I have received so much help from my tutors and peers and this has helped me to succeed. I am on course to achieve D*D* grades.

As well as improving my subject knowledge, the course has helped me to develop my employability skills and study habits. I am able to meet deadlines, carry out research and physiological data tests and produce reports and essays. I have also developed my communication and presentation skills further through the delivery of practical sessions and verbal assignments.

I have really enjoyed the practical sessions and have found the different units of study very interesting throughout the course. The teachers in the PE department are supportive and passionate about sport. They are always there for you to go to for help with your assignments. Students and staff work together to ensure that lessons are fun and engaging and that everybody is achieving their potential.

I would highly recommend this course to anybody who wishes to continue their studies in sport.

Bronia Greenhalgh
Cansfield
Studying:
BTEC Sport,
Media Studies





I really enjoy studying at Carmel because you are treated with respect and the teachers are extremely supportive and treat you like adults.

The BTEC Sport course has helped to improve my knowledge of sport, covering a wide range of units including Anatomy and Physiology, Fitness Testing and Sport Coaching. I have also developed my study skills.

Visiting Hope University was a highlight. I met with students and lecturers, attended talks and workshops in sports psychology, physiology, biomechanics, and fitness testing.

My favourite unit that I've studied was Sports Coaching. I enjoyed learning about the skills and techniques needed to be a success coach and then planned and delivered coaching sessions. I also got to work with students with Special Educational Needs which was really rewarding.

On completion of my course I am hoping to go on to university to study a BA Primary Education (QTS) course and then become a primary school teacher.



Rob Horton
Rainhill High
Studying: BTEC Sport
Graphic Design

MEET THE TUTORS

Kate McDonnell
Head of Department

Jemma Garvin
Sonia Lal
Sean Kehoe
Simon Verry

Dominic O'Neil
Get Active Co-ordinator

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?

Our students achieve outstanding results. In 2020, 100% of students completing the Diploma (2 A Level equivalent) in Sport achieved Dist*-Dist grades and all students completing the Subsidiary Diploma (1 A Level equivalent) achieved Dist*-Merit grades. This is an amazing achievement for all students and staff involved. Our Everton Scholars studying the BTEC Diploma in Sport achieved fantastic results.

They have been hugely successful both on the field and in the classroom. Many of our students progress to university to study sport related degrees such as Physical Education; Physiotherapy; Sports Coaching; and Sport Science, as well as other non-sport related fields.

Where does this course lead?

Supporting over 600,000 jobs in the UK, sport is a £28bn 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 than ever before.

Students can go on to work at the cutting edge of elite sport, supporting top athletes as sports scientists, sports psychologists, strength and conditioning coaches, sports therapists, coaches and in many other roles. On the other hand, students may opt to pursue a career in teaching, community coaching or working within the health and leisure sectors. Opportunities in sport today are exciting and vast. Your BTEC Sport course will prepare you for whatever your chosen next step is and will provide extensive careers guidance to support you.

TASS

Carmel College is the only TASS Dual Career accredited College in the North West. TASS accreditation is acknowledgement of the work we do to support our talented athletes to succeed in their sport, whilst excelling in their studies.



The TASS programme involves our high performing athletes in 1-1 supportive meetings with the Dual Career Co-ordinator and sports staff, during which students receive guidance and their progress is closely monitored. Students also attend workshops with professionals working in elite sport.

In 2018-19 our athletes attended workshops related to sports nutrition, hydration and individually received guidance around their diet and training programmes. We were also fortunate to have the England Women's Assistant Football Manager speak to our students about life as a professional athlete and preparation for major competitions.

If you are a Talented Athlete looking to study A Level or Level 3 BTEC courses visit us at one of our Open Evening Events for more information about the support available.



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www.carmel.ac.uk