



SPORT

WHY SHOULD I STUDY LEVEL 3 SPORT?

The Level 3 BTEC in Sport qualification is a rigorous and enjoyable subject of study for those with a real passion for sport. The course is highly practical, meaning much of the course is spent out on the fields or in the Fitness Suite/Sports Hall practically honing your skills or learning new content. This is combined with some classroom study aimed at enhancing the theory behind the course. BTEC Sport is a nationally recognised qualification that is accepted at Universities across the country.

WHAT WILL I LEARN ABOUT?

The course has a variety of topics including:

- Careers in Sport
- Health and Wellbeing
- Applied Coaching Skills
- Self-Employment in Sport
- Sporting Research Projects
- Sports Psychology
- Nutrition in Sport
- Applied Anatomy and Physiology

HOW WILL I BE ASSESSED?

The course is continually assessed internally through coursework, examinations and presentations, both individually and as small groups. This means there are no large end of course examinations. Instead, you will be continually producing work and being assessed, allowing you to understand exactly what level you are working at and, therefore, helping guide you towards appropriate university applications should this be the route you wish to take following Sixth Form.

LEVEL 3, BTEC

WHAT SKILLS WILL I DEVELOP?

Pupils will build on and extend practical coaching skills as well as individual qualities. Through carefully considered assignment tasks, the course aims to develop or enhance skills such as:

- Creativity
- Independence
- Teamwork
- Communication
- Time-Management
- Goal Setting

WHERE COULD THIS SUBJECT TAKE ME IN THE FUTURE?

This course perfectly provides a foundation for future study in any sporting course at university. The breadth of the course that covers coaching skills through to biological adaptations to exercise means that all bases are covered when applying for university courses. Should the pupil not wish to study Sport at university, it does provide strong foundations in psychological, sociological or science based courses. The methods of assessment are also far more similar to university based assessment meaning that the pupils will already have sound foundations in readiness for university. Alternatively, pupils may wish to go on and move directly into work, in which case any sports coaching, gym or personal training based career would be highly appropriate.

