

BTEC Level 3 Sport

Are you right for the course? If the answer is YES to all three of these questions then you most definitely are!

1. Do you have a **passion for sport** and want to gain further knowledge about the sports industry?
2. Do you hope to work within the sports industry one day?
3. Are you **motivated** to learn more about the human body and how to become a sports leader?

Examination Board

Pearson

Course Outline

Y12:

- Professional Development in Sport
- Fitness Training and Programming
- Coaching for Performance
- Research Methods in Sport

Y13:

- Sports Leadership
- Anatomy and Physiology
- Practical Sports Performance



Assessment Method

- 2 x Exams
- Coursework
- Practical Video
- Interview



Career Progression

BTEC Level 3 Sport is a highly regarded qualification and will be valued by any employer; however, Further/Higher Education can more directly prepare you for careers in:

- Physiotherapy
- Sports Coaching
- Sports Business
- Sports Management
- Sports Finance
- Sports - Marketing, Advertising,
- SportsMedia
- PE Teaching

Recommended Reading List

Must read: Texts that you will be studying in Autumn and Spring

- BTEC Level 3 National Sport Book 1, Pearson
- BTEC Level 3 National Sport Book 2, Pearson

Could read: Wider reading which will enlarge your understanding of the Sporting industry

- Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers
- Human Anatomy & Physiology (10th Edition)
- Principles of Anatomy and Physiology (12th Edition), John Wiley & Sons American College of Sport Medicine's Health and Fitness Journal
- British Journal of Sports Medicine Exercise and Sport Sciences
- Coaching the Mental Game: Leadership Philosophies and Strategies for Peak Performance in Sports and Everyday Life
- The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness

