



BTEC
LEVEL 3

BTEC Extended Diploma in Sport (Development, Coaching & Fitness)

Qualification: BTEC Level 3 Extended Diploma

Duration: 2 years

Level: 3

What is BTEC Extended Diploma in Sport (Development, Coaching & Fitness)?

This is a two year full-time course providing a specialist, work-related programme of study. It covers the key knowledge and practical skills required for those who have already decided the specialist area they wish to study.

If you not only enjoy taking part in sport but also have a real interest in the aspects surrounding and supporting performance then this course is for you. It will give you the opportunity to develop your knowledge and investigate a wide range of aspects; from the scientific to the sociological, from the psychological to the nutritional.

Is the BTEC Extended Diploma in Development, Coaching & Fitness suitable for me?

If you have a real interest in a range of the practical and theoretical aspects of sport and prefer to be assessed through assignments/coursework rather than exams then this is the course for you.

How will I learn?

You will be taught by specialist teachers in classrooms in the Sports Hall with training taking place at Whittington Park.

You will study 9 mandatory units:

- Principles of anatomy and physiology
- The physiology of fitness
- Assessing risk in sport
- Fitness training and programming
- Sport coaching
- Sports development

- Fitness testing for sport and exercise
- Practical team
- Individual sports

There are also 10 specialist units. These cover a wide range of aspects from nutrition, sports injuries, officiating in sport, sports psychology, work experience, organising sports events and physical education and young people.

How will I be assessed?

You will study a total of 19 units during the two years of the course. All of the units are assessed by coursework – and this may include the production of portfolios, presentations, practical projects, and staff observations. None of the units require you to sit a formal examination.

For each unit you complete you will be awarded a Pass (P), Merit (M), or Distinction (D) grade. As this qualification is equivalent to 3 A Levels, you will also be awarded an overall grade consisting of three grades – such as PPP, MMP, or D*DD.

Students must complete and pass the first year to be awarded a 90 credit diploma and progress to the second year and full Extended Diploma.

We are aware that Edexcel is currently evaluating the assessment process and there may be the introduction of an examined unit. Further information is unavailable at the current time.

Progression

Students on the BTEC Extended Diploma in Sport can progress to a Higher Education degree in Sports Science or Sports Studies, which in turn could lead to a PGCE in Teaching. Alternative courses are Leisure/Recreation Management, Sports Coaching/Development or specific vocational training in fitness. Employment within the leisure industry is another option.

Arsenal ITC offer the opportunity to join the Gap Year project with the chance to coach overseas.

Entry requirements

Students studying a BTEC Extended Diploma programme should normally have achieved an average GCSE point score of 4.5 or above and at least a Grade C in Maths and/or English. Alternatively, students who have studied a Level 2 Diploma/Certificate or a BTEC First Diploma in a related subject should have achieved at least Merit grades.

Lead member of staff:

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