



Sport and Exercise Science

BTEC Level 3 Extended Certificate



Course Outline

The BTEC National Extended Certificate in Sport is an Applied General qualification for post-16 learners who want to continue their education through applied learning and who aim to progress to higher education and ultimately to employment in the sport sector. The qualification is equivalent in size to one A Level, and it has been designed as a one-year, full-time study programme, or a full two-year programme when studied alongside a further Level 3 qualification. Learners will study three mandatory units:

- Unit 1: Anatomy and Physiology
- Unit 2: Fitness Training and Programming for Health, Sport and Well-being
- Unit 3: Professional Development in the Sports Industry.

Learners will also study one optional unit from a range which has been designed to support choices in progression to sport courses in higher education, and to link with relevant occupational areas.

Exam Board

Pearson Edexcel.

Skills Required

- cognitive and problem-solving skills: use critical thinking, approach non-routine problems applying expert and creative solutions, use systems and technology
- intrapersonal skills: communicating, working collaboratively, negotiating and influencing, self-presentation
- interpersonal skills: self-management, adaptability and resilience, self-monitoring and development.

Entry Requirement

- GCSE English and Science at grade 5 or above.
- GCSE PE/BTEC Sport preferable at Grade 5/L2 Pass or above.



Future opportunities

BTEC Sport is valued by employers and Higher Education (universities and colleges). If you want to get a job straight away, you could work in a Sports Centre; or an Outdoor Activities Centre. If you decide to go to university or college and you have other qualifications, you could take a degree in subjects such as: Sports Science, Sports Development, Teacher Training, Physiotherapy, Sports Psychology.