



BTEC – Extended Certificate in Sport

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(Head of Physical Education and Science Teacher)

Welcome to Finham Park 2

Who am I?

- Mr Hudson
 - Moved to Coventry 5 years ago to set up our P.E Department and Science Department
 - Excited to continue our successes into A-Level
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What is a BTEC Course?

BTEC courses:

- Have been running for over 30 years.
 - Give you the same UCAS points as a traditional A-level course
 - Consist of mandatory and optional units of work.
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BTEC Sport (Extended Certificate)

This course will:

- Be taught at Finham Park 2 School
- Last for 2 academic years
- Be taught by a range of FP2 P.E Teachers
- Involve **10 hours** of teaching per week
- Teach lessons of either 2 or 3 hours in duration.

What Are The Mandatory Units?

All students have to study:

- (1) Anatomy and Physiology of the Human Body
(1.5 hour - Exam)
- (2) Fitness Training and Programming for Health, Sport and Wellbeing *(2.5 hour - Exam)*
- (3) Professional Development in the Sports Industry
(Coursework)

What are the Optional Units?

Students choose to specialise in one of these units:

- (1) Sports Leadership (*Coursework*)
- (2) Application of Fitness Testing (*Coursework*)
- (3) Sport Psychology (*Coursework*)
- (4) Practical Sports Performance (*Coursework with Practical Assessment*)



Mandatory Units

Anatomy and Physiology:

Intro: Learners explore how the **skeletal, muscular, cardiovascular** and **respiratory** systems function and the fundamentals of the **energy systems**.

Fitness Training, Health, Sport and Wellbeing:

Intro: Learners explore client screening and lifestyle **assessment**, fitness **training methods** and fitness programming to support improvements in a client's **health** and **wellbeing**.

Professional Development in Sport Industry:

Intro: Learners explore the knowledge and skills required for different **career** pathways. Learners will take part in a personal **skills audit**, career **action plan** and **interview** activities.



Optional Units

Sports Leadership:

Intro: Learners study what makes a good **leader**, the different capacities of this role, and the leadership skills and techniques necessary when **leading activities in different roles**.

Applied Fitness Testing:

Intro: Learners gain an understanding of the requirements of **fitness testing** and learn how to **safely** conduct a range of fitness tests for different components of fitness.

Sport Psychology:

Intro: This unit covers the psychological dimensions of sport, and introduces **psychological techniques** that can be used to **enhance performance**.

Sports Performance:

Intro: Learners study the skills, techniques, tactics and rules of selected sports through active **participation in individual/team sports**.

Strengths of this Course:

- Students can focus on their own strengths and interests in Sport Science.
 - Students can either be assessed in exams and coursework.
 - **OR** exams, coursework and a practical performance*.
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What will this course lead to?

There are three main pathways after this course:

(1) Studying a Sports Degree at University *(this is what I did)*

- Sport Science, Sports Journalism, Strength and Conditioning Coach, Sport Nutritionist, P.E teacher etc.

(2) Studying a Human Science/Medicine Degree at University

- Doctor, Physiotherapy, Nursing, Dentistry etc.

(3) Employment in the Sports Industry or Public Services

- Fitness Trainer, Sports Coach, Military Service etc.

Entry Requirements

Students must:

- Have any active **interest in Sport Science**
- Play sport at **club level (if choosing the practical unit)**
- Have achieved at least **four level 4 GCSE qualifications (including Maths and English)**
- **Have achieved at least a level 5 in GCSE P.E (if appropriate)**



Frequently Asked Questions:

Q: What will I get at the end of the course?

A: You will be awarded one of these qualifications: *Distinction, Merit, Pass or Fail.*

Q: Do I have to pass all of the modules?

A: Yes. *Failing one module results in failing the whole course.*

Q: Do I need to have studied GCSE P.E to pass this A-Level course?

A: No. *However, some people will have a 2/3 year head start on you. Nothing is impossible with hard work and commitment.*

Thank you for listening.

Any Questions?

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