

King Ecgbert School: BTEC Sport Level 3 Extended Certificate (Pearson)



Coursework
Assessment



Higher Education/
employment

Unit 3 Professional Development in the Sports Industry
C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway
D Reflect on the recruitment and selection process and your individual performance



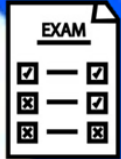
Unit 3 Professional Development in the Sports Industry
A Understand the career and job opportunities in the sports industry
B Explore own skills using a skills audit to inform a career development action plan

Coursework
Assessment

January Exam

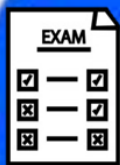


Unit 2 Fitness Training & Programming for Health, Sport & Well-being
A Examine lifestyle factors and their effect on health and well-being
B Understand the screening processes for training programming
C Understand programme-related nutritional needs
D Examine training methods for different components of fitness
E Understand training programme design



Year
13

May Exam



Unit 1 Anatomy & Physiology
A The effects of exercise and sports performance on the skeletal system
B The effects of exercise and sports performance on the muscular system
C The effects of exercise and sports performance on the respiratory system
D The effects of sport and exercise performance on the cardiovascular system
E The effects of exercise and sports performance on the energy systems

Unit 7 Practical Sports Performance
A: Examine National Governing Body rules/laws and regulations for selected sports competitions
B: Examine the skills, techniques and tactics required to perform in selected sports



Coursework
Assessment

Year
12

Your BTEC Level 3 journey starts here.....



Unit 7 Practical Sports Performance
C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims
D: Reflect on own practical performance using selected assessment methods

BTEC Sport Breakdown
• Unit 7 Practical Sports Performance
• Unit 1 Anatomy & Physiology
• Unit 2 Fitness Training & Programming for Health, Sport & Well-being
• Unit 3 Professional Development in the Sports Industry

Overview of the Units
Unit 7 – Coursework assessed Unit, 'Practical sports performance' that is externally moderated - contains video evidence
Unit 1 – Exam assessed Unit, 'Anatomy and Physiology' – externally marked – 1 hour 30 minute exam – 80 marks total
Unit 2 – Exam assessed Unit, 'Fitness training and programming' – notes can be prepared and taken into exam – 2 hours 30 mins exam – 60 marks total
Unit 3 – Coursework assessed Unit, 'Professional development in the sports industry' that is externally moderated – contains video evidence