

<b>SUBJECT:</b>	<b>PHYSICAL EDUCATION</b>
<b>Title of GCE:</b>	<b>BTEC Level 3 National Extended Certificate in Sport</b>
<b>Exam Board:</b>	Pearson
<b>Syllabus Number:</b>	<b>(601/7218/6)</b>
<b>Course Overview:</b>	
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 Unit 6: Sports Psychology	
<b>BTEC Assessment</b>	
Units 1 & 2 are assessed externally Unit 1: Anatomy and Physiology - written examination 1.5 hours, worth 90 marks Unit 2: Fitness Training and Programming for Health, Sport and Well-being - A task is set and marked by Pearson and completed under supervised conditions. Units 3 & 6 are assessed internally	
<b>Brief outline of coursework/controlled assessments:</b>	
Unit 1 covers the skeletal system, the muscular system, The respiratory system, the cardiovascular system and the energy system. Assessed by an examination that is externally set and marked.  Unit 2 covers lifestyle factors and their effect on health and well being, recommendations to promote health and well being, screening processes for training programmes, programme related nutritional needs, training methods, appropriate training activities and principles of fitness training. Assessed using an externally set written task worth 60 marks.  Unit 3 covers careers in the sports industry, explores one's own skills, undertakes a recruitment process and reviews your performance during this process. Assessed by a series of assignments set by your tutor.  Unit 6 covers the following aspects of Sports Psychology, personality, motivation, competitive pressure, group dynamics, psychological skills training. Assessed by a series of assignments set by your tutor.	
<b>Career Opportunities:</b>	
A BTEC in Sport is desirable if you want to go to university to study any sports related course such as Coach Development, Sports Journalism, Sports Psychology or Sports Science. Careers that would benefit from having BTEC Sport are PE teaching, Sport massage or Sports Rehabilitation, Leisure Centre Management and Sports Coaching.	
<b>Students who study this subject often complement it with:</b>	
Biology, Psychology	
<b>Useful revision websites:</b>	
<a href="http://www.eis2win.org.uk">www.eis2win.org.uk</a>	<a href="http://www.brianmac.co.uk">www.brianmac.co.uk</a>
<a href="http://www.teachpe.com/sportspsychology/leadership.php">www.teachpe.com/sportspsychology/leadership.php</a>	<a href="http://www.netfit.co.uk">www.netfit.co.uk</a>
	<a href="http://www.aqa.org.uk">www.aqa.org.uk</a>
	<a href="http://www.culture.gov.uk">www.culture.gov.uk</a>

**For more information or advice contact:**

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