

SPORT LEVEL 3 EXTENDED CERTIFICATE

WHERE CAN IT TAKE YOU?

Sports Management

Management in Sport requires a similar skill set to management in most sectors. BTEC progression into degree programmes based around Sports Law, Management, Business and Events create pathways across the industry.

Career Paths - Facility management, sports development, sports agent, event management, sports marketing.

PE Teacher

Careers in education; such as a (PE) teacher, will need QTS (Qualified Teacher Status) through a Bachelors Degree in Education, or a degree in a related topic, such as Sport and Exercise, followed by a PGCE.

Career Paths - Teaching, Lecturing, Tutoring.

Performance Analysis & Psychology

Both areas will require a degree in specific Sports-based degree, which can be accessed through a successful BTEC Sports qualification. Degrees therefore in Sports Psychology or Performance Analysis lead most directly to these roles, but could be accessed through a more generic Sports degree and a specialised Masters degree. Performance Analysis roles will almost certainly require experience via internships.

Career Paths - Sports performance analyst, sports psychologist.

Fitness & Strength Conditioning

The Level 3 BTEC Sports courses offer underpinning knowledge and experience to go alongside industry qualifications. Those following a fitness-based career often specialise in certain client groups. Some, such as strength and conditioning, may need a relevant degree.

Career Paths - Fitness instructor, Personal trainer, Strength and conditioning coach, PTI.

Medical & Health

Many careers in this field require a Degree or Masters Degree. After your BTEC course you may need a degree in Physiotherapy, Paramedic Practice or Human Dietary Advice. A degree in Sport Science can lead to more specific Masters pathways.

Career Paths - Weight management, dietitian, Paramedic, Physiotherapist, sports rehabilitation.

Sports Coaching & Officiating

As with the fitness sector, BTECs offer underpinning knowledge in this field. However careers in this area are often diverse, with most sports having their own qualifications from their National Governing Body. Gaining work experience in the area you wish to work would also be beneficial.

Career Paths - Amateur coaching, professional clubs. Local council schemes, community coaching, coach development,

FURTHER CAREER INFORMATION

These are just a small selection of the careers linked with a BTEC Sports qualification. Routes into these jobs often require university degrees, but may also be accessible through National Governing Bodies such as the RFU, LTA and FA.

Awarding bodies such as YMCA Awards offer access to fitness based careers. The uniformed services, such as Royal Navy and Police, offer opportunities in roles such as physiotherapists and PTIs as well and should be considered as possible employers.

Note that, to undertake an undergraduate degree in physiotherapy, the Extended Certificate in Sport and Exercise Science and/or an A level Biology are likely to be required.

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WHAT TO EXPECT

What does the course involve?

Equivalent to one A Level, the Pearson BTEC Level 3 National Extended Certificate in Sport and Exercise Science is an exciting and challenging course that prepares you for progression to higher education or employment, possibly in the Sport and Exercise Science sector. In particular, it should be considered by students wishing to pursue Physiotherapy at Undergraduate level, or by those who wish to apply to the most prestigious institutions for Sport and Exercise Science, such as Bath and Loughborough.

Varied and complex, the qualification provides understanding of the technical and professional issues relevant to the Sports Science sector, such as in-depth analysis of the anatomical systems of the body and how these function during sport and exercise; the psychology behind elite level performance in sport and exercise, as well as the psychological principles which can encourage behaviour change and maintenance of a healthy lifestyle amongst the broader population. You will also gain experience of how to develop performance through coaching and application of specialised fitness testing.

In particular, amongst other content, you will consider the following in detail:

- Anatomy and Physiology: in which you will explore core body systems essential to sport performance, including the skeletal, muscular, cardiovascular and respiratory systems.
- Sport Psychology, where you will examine the theories relating to how personality, arousal, aggression, motivation and attribution can be seen in action during sport.
- Coaching for Sports Performance, will entail developing knowledge of drills and practices,

evaluating the effectiveness, suitability and practicality of these practices as well as gaining valuable, first-hand experience of coaching and focussing on becoming a reflective practitioner.

- Specialised Fitness Training, where you will examine the fitness requirement of sport, and investigate training methods and fitness programming techniques to enhance physical performance.

Can I take additional qualifications?

Yes. This qualification is usually taken alongside other Level 3 qualifications, such as A Levels.

Although students select this course from a broad range of subject areas, complementary subjects include, Applied Science; Biology; Business; Chemistry; Maths; Psychology; and Sociology.

There may also be the opportunity to take additional qualifications in Level 2 in Fitness Instruction; F.A. Level 1 Football Coaching; or Level 1 Basketball Table Officiating.

How will I be assessed?

58% of the course is assessed externally, through a mixture of an examination and a set task, completed under supervised conditions. The rest of the course is assessed internally, through the completion of on-going coursework units.

What are the costs?

All students on Sports courses at ONE are expected to purchase a College Polo T shirt, which costs approximately £23. Further details can be found on the Web Shop.

What is the duration?

This is a two year course.

Entry Requirements

Grade 4 in GCSE English Language; Mathematics; at least one science; ideally biology and a PE (if taken). If a BTEC Level 2 qualification has been undertaken, then a merit overall is required.

Whilst the course doesn't require regular participation in sport and exercise, due to the applied nature of its scientific content covered, it is beneficial for students to be able to demonstrate a keen interest in sport and/or exercise.