

POST-16 COURSE OVERVIEW

SPORT

QUALIFICATION	AWARDING BODY	COURSE LENGTH
BTEC Level 3	Pearson	2 years

COURSE OVERVIEW

BTEC Sport is a Level 3 course for students interested in sport, fitness and the wider sports industry. Across four units, students study anatomy and physiology, fitness training and programming, professional development and fitness testing. The course combines theoretical knowledge with practical application and a mixture of external assessment and coursework.

WHAT WILL I STUDY?

KEY CONTENT

- Unit 1: Anatomy and Physiology – explore how the skeletal, muscular, cardiovascular, respiratory and energy systems function.
- Unit 2: Fitness Training and Programming for Health, Sport and Well-being – examine lifestyle factors, client screening and dietary strategies to design safe and effective fitness programmes.
- Unit 3: Professional Development in the Sports Industry – investigate career pathways, job requirements and training routes within the sports sector.
- Unit 5: Application of Fitness Testing – develop practical skills in selecting, administering and interpreting standardised fitness tests.

ASSESSMENT

- 50% externally assessed / 50% internally assessed.
- Two externally assessed units and two coursework units.
- Assessment includes practical elements.

WHERE COULD THIS COURSE TAKE ME?

This course can support progression to university courses such as Physical Education and School Sport, Sports Event Management, and Sports Coaching and Development. Career pathways can include PE teaching, sports development, coaching and roles within the wider sport and fitness sector.

KEY CONTACT

COURSE LEAD

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