

Course Information for Parents

Key Stage 5 BTEC Level 3 National Extended Certificate in Sport

Learning Leader Contact Information		Phone: 01604 862125	Email: tracey.cotter@ewsacademy.org.uk
Examination Board	EDEXCEL	Specification Code	601/7218/6

Subject Content

Unit 1: Anatomy and Physiology

- Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system
- Demonstrate an understanding of each body system, the short and long-term effects of sport and exercise on each system, and additional factors that can affect body systems in relation to exercise and sporting performance
- Analyse exercise and sports movements, how the body responds to short-term and long-term exercise, and other additional factors affecting each body system
- Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements
- Make connections between body systems in response to short-term and long-term exercise and sport participation.

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

- Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being
- Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals
- Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring test
- Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved
- Be able to develop a fitness training programme with appropriate justification

Unit 3: Professional Development in the Sports Industry

- Understand the career and job opportunities in the sports industry
- Explore own skills using a skills audit to inform a career development action plan
- Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway
- Reflect on the recruitment and selection process and your individual performance.

Unit 7: Practical Sports Performance

- Examine National Governing Body rules/laws and regulations for selected sports competitions
- Examine the skills, techniques and tactics required to perform in selected sports
- Develop skills, techniques and tactics for sporting activity in order to meet sport aims
- Reflect on own practical performance using selected assessment methods

Additional Equipment Required: Students will require PE kit as the theory content will be taught in classrooms and through practical lessons. Revision guides for Units 1 & 2 can be bought via parentmail.

Assessment Details

Unit 1: Anatomy and Physiology - External written paper set and marked by the exam board. 1 hour 30 minutes, 80 marks.

Unit 2: Fitness Training and Programming for Health, Sport and Well-being – External Task set and marked by the exam board. 2 hours 30 minutes, 60 marks.

Unit 3: Professional Development in the Sports Industry - Internal coursework marked by EWS staff, moderated by Edexcel. Assessment graded at level Pass, Merit or Distinction.

Unit 7: Practical Sports Performance - Internal coursework marked by EWS staff, moderated by Edexcel. Assessment graded at level Pass, Merit or Distinction.

What can I do to support my child at home?

- Ensure all assignment work is completed ahead of the deadline
- Ensure that all homework tasks are completed
- Encourage them to play sport in their own time
- Have conversations about the topic area

Course Information for Parents

Recommended resources for the course:

Websites:

- Qualifications.Pearson.com
- Teachpe.com
- Brianmac.com
- NHS.com

Apps:

- Myfitness pal
- Map my run
- Fitbit

Teaching Staff Contact Details

Name	Role	Email	Tel
Ms Tracey Cotter	Learning Leader for PE	Tracey.cotter@ewsacademy.org.uk	01604 862125
Mr Stuart Higgins	Learning Leader South & Teacher of Y12 and Y13 class	Stuart.higgins@ewsacademy.org.uk	01908 563468
Mr Matthew Earl	Teacher of Y12 and Y13 class	Matthew.earl@ewsacademy.org.uk	01604 862125

Additional Information:

Potential careers options: This course has been designed to allow the students to experience a wide variety of vocations in sport. Following the Cambridge National potential careers can include: -

- Teaching and coaching
- Personal training
- Sport psychologist
- Exercise physiologist
- Public services
- Armed forces
- Sports nutritionist