

# PHYSICAL EDUCATION – BTEC Level 3 Diploma in Sport

## Head of Department

Mr. Paul King

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## Exam Board

Pearson - Edexcel

## Specification

2017 Diploma

## COURSE DETAILS (equivalent to 2 A Levels)

### Year 12 course outline:

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 4-	Sports Leadership

### Year 13 course outline:

Unit 5-	Application of Fitness Testing
Unit 6-	Sports Psychology
Unit 10-	Sport Event Organisation
Unit 22-	Investigating Business in Sport and the Active Leisure Industry
Unit 23-	Skill Acquisition in Sport

### Assessment:

Coursework -	55% (6 units)
Examinations-	45% (3 units – Unit 1 - examination, Units 2 and 22 – controlled) (units are weighted differently)

### Higher education courses linked to the subject:

Having studied BTEC Sport you will be able to study Sports Science, Sports Studies, PE teaching, Sport and Fitness, Sports Coaching, Sports nutrition, Sports Psychology

### Careers linked to the subject:

Possible career options include sports coach, fitness instructor, sports therapist, sports nutritionist, PE teacher, leisure management

## SUMMER WORK FOR INTRODUCTION TO YEAR 12

TASK	TOPIC	Unit 1. Anatomy and Physiology
1.	A: the effects of exercise and sports on performance on the skeletal system  A1: Structure of skeletal system A2: Function of the skeletal system	To draw out and design the human skeletal system, identifying: 1. The names of the bones, the names of the joints 2. The type of bones 3. The main functions of the skeletal system
4.	B A: the effects of exercise and sports on performance on the muscular system  B5: Fibre types	To evaluate the different types of muscle fibres and how they benefit the following athletes: 1. Power athlete 2. Endurance athlete

## WIDER READING TO PREPARE FOR COURSE

- Clegg: Exercise Physiology
- Donnellan: Issues in Sport
- Honeybourne, Michael Hill & Helen Moors: Advanced PE & Sport
- James, Thompson & Wiggins: A-Z PE Handbook
- Jarvis: Sport Psychology
- McArdle, Katch, Katch: Exercise Physiology
- Pearson, BTEC Nationals Sport Student Book 1
- Pearson, Revise BTEC National Sport Units 1 and 2 – Revision Guide
- Schmidt: Motor Learning & Performance
- Tudor: Periodisation – Training for Sport
- Wesson, Wiggins, Thompson, Hartigan: Sport and PE
- Wigglesworth: The Evolution of English Sport