



Gordon's
Sixth Form

Physical Education

BTEC Level 3 Diploma in Sport

COURSE DETAILS

(Equivalent to two 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

Unit 5 - Application of Fitness Testing

Year 12	Unit Size (GLH)	Assessment
Unit 1	120	Externally Assessed – Examination
Unit 2	120	Externally Assessed – Controlled Assessment
Unit 3	60	Externally Assessed – Controlled Assessment
Unit 4	60	Internally Assessed - Assignment
Unit 5	60	Internally Assessed - Assignment

Year 13 course outline

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

Year 13	Unit Size (GLH)	Assessment
Unit 6	60	Internally Assessed - Assignment
Unit 10	60	Internally Assessed - Assignment
Unit 22	90	Internally Assessed - Assignment
Unit 23	90	Internally Assessed - Assignment

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

Wider reading to prepare for the course

- Clegg: Exercise Physiology
- Donnellan: Issues in Sport
- Honeybourne, Michael Hill and Helen Moors: Advanced PE and Sport
- James, Thompson and 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





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