



Anything is

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PE - BTEC Sport
National Extended Certificate



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QUALIFICATIONS, STRUCTURE AND PURPOSE

Qualification

- The course is equivalent to 1 A Level

Structure

- 4 units of which 3 are set by the board
- 1 unit is chosen by us- Unit 6 Sport Psychology
- 2 external exams, 2 internal coursework pieces

Purpose

- A broad basis of study for the sport sector
- This qualification is designed to support progression to higher education when taken as part of a programme of study that includes other BTEC Nationals or A Levels



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WHY WE DELIVER BTEC INSTEAD OF A LEVEL?

The decision to change was taken back in 2015/2016 based on increasing grade boundaries for top grades that we know our students are capable of

The newer BTEC courses are recognised by all universities as an accredited course

We have great success with results 100% D* to M (A*-C) with students going to various universities to continue to study sport

The course has grown in popularity from having 6 learners in Year 1 to now 18 learners in Year 12

2020-2021 (Covid year)	2021/2022	2022/2023	2023/2024	2024/2025
8 students	16 students	22 students	14 students	22 students
5- Distinction* 2- Distinction 1- Merit	7- Distinction* 4- Distinction 5- Merit	9-Distinction* 8-Distinction 5-Merit	6- Distinction* 4-Distinction 4-Merit	16- Distinction* 4- Distinction 1 –Merit 1-Pass



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WHY SHOULD YOU CHOOSE THIS COURSE?

Are you:

- Interested in topics such as anatomy and physiology, health and fitness, sport psychology
- Thinking of studying other subjects like biology, psychology, business, media, health and social care
- Currently enjoying studying about PE and want to further your knowledge
- Thinking of a career in the sports industry



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COURSE BREAKDOWN- UNIT 1



Anatomy and physiology

- Assessed via an external written exam, taken usually in January of year 2
- You will study:
- The structure of the following body systems:
 - Skeletal
 - Muscular
 - Cardiovascular
 - Respiratory
- In conjunction with learning these body systems, you will also study:
 - Energy systems
 - Additional factors which affect sport and exercise



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COURSE BREAKDOWN- UNIT 3

CAREERS IN SPORT

Professional development in the sports industry

- Assessed by completing a project or presentation in year 1

In this unit you will:

- Research different careers and associated job roles within the sports industry
- Analyse your own skills and identify how to develop them into a career through the use of career plan
- Take part in an application and interview assessment activities for a selected career
- Evaluate your own performance to gain an understanding of how to access and progress in a selected career in the sport industry



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COURSE BREAKDOWN- UNIT 6

Sport Psychology

Assessed by doing a project or a presentation.

In this unit, you will learn and write about:

- How individual factors, environmental factors and influence of others can impact sporting performance
- The functioning of a group/team and its influence on the outcome a sports team produces and how motivation can be developed and influenced.
- How arousal, anxiety, stress and self-confidence can affect performance and how these need to be controlled in order to achieve optimum performance.
- Exploring the psychological skills and programmes that can be used to improve performance.



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COURSE BREAKDOWN- UNIT 2

Fitness Training and Programming for Health, Sport and Well-being

Assessed via a part seen, restricted open book written exam, taken usually in January of year 2

You will study:

- How to screen and assess people's lifestyle and nutrition.
- How to assess an individuals fitness
- Calculate and design an effective training programme to improve their health, fitness and well-being
- Training methods and how to use them effectively



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PRIOR ATTAINMENT REQUIRED TO STUDY BTEC SPORT @ ST HILDA'S

Sport related courses

These include but aren't restricted to:

- GCSE PE
- Cambridge National
- BTEC Tech Award

- You are required to achieve at least a grade 4 in these subjects as you have gained prior knowledge that is sport specific

Old grades	New grades
A*	9
A	8
	7
B	6
C	5 STRONG PASS
	4 STANDARD PASS
D	
E	3
F	2
G	1
U	U

None sport related courses

If you haven't studied a sport related course as part of KS4, BTEC Sport is still an option, you must achieve at least a grade 5 in a science related course where Biology is prominent

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WHAT SKILLS WILL I LEARN IN THIS SUBJECT?

Practical Skills

- **Coaching and Leadership:** Running training sessions, communicating with participants, and giving constructive feedback.
- **Performance Analysis:** Observing and improving sporting performance through data and observation.
- **Health and Safety:** Managing risk and ensuring participant safety in practical environments.

Transferable skills

- **Communication:** Working with others, giving presentations and explaining concepts
- **Teamwork:** Collaborating effectively with group activities
- **Problem solving:** Adapting sessions and strategies to meet individuals needs
- **Leadership and confidence:** Taking initiative and being responsible for others



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WHAT CAREERS LINK TO THIS SUBJECT?

Careers from BTEC Sport

- **Sports Coach / Instructor** – working with individuals or teams to improve performance.
- **Performance Analyst** – studying athlete performance using video and data.
- **Sports Development Officer** – promoting participation and community sport.
- **Talent Scout or Sports Agent** – identifying and managing promising athletes.
- **Personal Trainer / Fitness Instructor** – designing and delivering exercise programmes for clients.
- **Strength and Conditioning Coach** – improving athletic performance through structured training.
- **Exercise Physiologist** – studying how the body responds to exercise and recovery.
- **Sports Scientist** – researching performance, biomechanics, and physiology.
- **Physiotherapist** – helping patients regain movement and function.
- **Nutritionist / Dietitian (Sports Focus)** – advising athletes on diet and performance.
- **Biomechanist** – analysing human movement to enhance technique and reduce injury.



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WHERE CAN I FIND OUT MORE?

Courses that can be studied

Sports Science

Sports Coaching

Sports Therapy

Physical Education

Sports Management

Exercise and Health

Physiotherapy

Finding more information

<http://qualifications.pearson.com>

<http://www.ucas.com>

<http://nationalcareers.service.gov.uk>

<http://www.careersinsport.co.uk>



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QUESTIONS

Let us come to you!



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