



Level 3 BTEC National Diploma Sports Performance and Excellence

Examination Board – EDEXCEL

Course information

The course is taught across the Consortium. This course is worth 2 A levels and is studied over 2 years [2 timetabled blocks] and equates to 2 A Level choices.

Examination details

10 units of which 8 are marked internally and 2 are marked externally. There will be a written exam and a task set by Edexcel.

Qualifications

To access this course you need to have gained either a C grade in GCSE PE or a Merit award in the BTEC Level 2 course. A grade C in GCSE English is also essential, due to the amount of written work required.

About the course

The course is the natural progression for students who have studied the BTEC Sport course at GCSE level. Students need to have a real interest in sport, fitness, coaching, sports performance and health. For those students considering a career within the sporting industry this would be an advisable course due to the vocational element and link to working life. There will be a mixture of practical and theory lessons in each unit and opportunities for students to visit areas within the sporting industry. Students will need to be organised and able to work within a timeframe that enables them to meet deadlines.

Units studied will include:

- Anatomy and Physiology
- Fitness Training and Programming for Health, Sport and Well-being
- Professional Development in the Sports Industry
- Application of Fitness Testing
- Sports Psychology
- Coaching for Performance
- Technical and Tactical Demands of Sport
- The Athlete's Lifestyle
- Sports Performance Analysis
 - Plus one optional unit select by the school

Assessment

Throughout each unit students are set a number of assignments that are assessed internally and some set by and marked by the board. The final mark from each unit is used to calculate the overall grade. Grades awarded are Distinction, Merit and Pass, all of which equate to university entry points. The style of assignment will vary from a power point presentation, written analysis or essay style answers to verbal presentations. Students will need to be well organised, able to work independently and have good time management skills in order to succeed. The ability to stay on top of coursework is vital. A good understanding of the English language and ICT skills will be a huge advantage.

