



# BLUE COAT CHURCH OF ENGLAND ACADEMY SPORTS ACADEMY & BTEC SPORT



## What is the Sport Academy?

The Blue Coat Sports Academy is aimed at Post 16 students who have an interest in playing sport on a regular basis within nationwide leagues, competitions and tournaments. Students involved within the Football and Cricket Academy will take part in regular fixtures and competitions against schools and colleges across the West Midlands.

Alongside the sports academy, students will study a BTEC Level 3 National Diploma in Sport alongside a wide selection of other

courses which Blue Coat Academy Sixth Form has to offer.

This tailored sporting programme allows students to develop their sporting repertoire both practically and theoretically. Students are involved within regular specialised sport-specific training sessions throughout the two year programme and provided with personalised training programmes which are monitored and evaluated throughout the year by specialised coaches and trainers.

**Specialist coaching will be provided by West Bromwich Albion coaches**

## BTEC Level 3 Extended Diploma in Sport

The BTEC Level 3 Extended Diploma in sport will run as a full-time course as a member of our sports academy in football or Cricket.

The BTEC Level 3 Extended Diploma in Sport will provide students with a solid and sound foundation of knowledge within the sports sector. This course will also enable students to develop the essential skills required for employment, career progression, or progression to further qualifications and training. The BTEC qualification has been structured to allow maximum flexibility when selecting specialist units, so that particular interests within the sports industry can be reflected in the choice of units. Depending on your career choices and the other subjects which you choose to study, there are several sizes of this qualification:

- BTEC Level 3 Extended Diploma in Sport (Development, Coaching and Fitness) – Equivalent to 3 A Levels

### Structure and Content

#### *Mandatory Units:*

- 1 Principles of Anatomy and Physiology in Sport
- 2 The Physiology of Fitness
- 3 Assessing Risk in Sport
- 4 Fitness Training and Programming
- 5 Sports Coaching
- 6 Sports Development
- 7 Fitness Testing for Sport and Exercise
- 8 Practical Team Sport
- 9 Practical Individual Sports

#### *Optional Units:*

- 11 Sports Nutrition
- 12 Current Issues in Sport
- 13 Leadership in Sport
- 14 Exercise, Health and Lifestyle
- 15 Instructing Physical Activity and Exercise
- 18 Sports Injuries
- 20 Talent Identification and Development in Sport
- 22 Rules, Regulations and Officiating in Sport
- 23 Organising Sports Events
- 24 Physical Education and the Care of Children and Young People



### Assessment

100% Coursework.  
Practical Assessment also included within selected units.

### Career Pathways

- Sports related degree at a university (Sports Coaching, Sports Exercise Physiology, Sport Psychology).
- Direct pathway to the sports industry, range of careers including; Sports Coach, PE Teacher, Fitness Instructor, Personal Trainer, Leisure Centre Manager, Physiotherapist.
- Full-time employment within the Sport and Leisure industry.

### Entry Requirements

- Normally 5 GCSEs (A\* to C).
- Interest and experience playing within a specialised sport.



**Contact: A W Guthrie - Sports Academy Director at Blue Coat Academy**  
**Tel: 01922 720 558, Email [st-guthrie-a@bluecoatacademy.org](mailto:st-guthrie-a@bluecoatacademy.org)**