



Blue Coat Church of England Academy

Year: 12/13

**Subject: Btec Level 3 Extended Certificate
in Sport**

Overview

The BTEC Level 3 Extended Certificate in Sport is a vocational qualification equivalent to one A Level. It provides learners with the knowledge, skills, and understanding essential for success in the sports industry or progression to higher education. The programme blends theoretical study with practical application, promoting both academic development and employability skills.

Curriculum Intent

The intent of the BTEC Sport curriculum is to develop well-rounded learners who possess the technical, tactical, and theoretical knowledge required to progress into sports-related careers or higher-level study. The course aims to:

- Encourage a deep understanding of anatomy, physiology, and the effects of exercise on the body.
- Develop learners' ability to plan, deliver, and evaluate fitness programmes.
- Cultivate professionalism, leadership, and teamwork through applied learning contexts.
- Foster critical thinking, communication, and independent study skills aligned with industry standards.

The curriculum is designed to ensure learners gain a clear insight into the multifaceted nature of sport — encompassing performance, coaching, fitness, and the science behind physical activity.

Curriculum Implementation

Learners complete a total of **four units** over two years:

1. **Unit 1: Anatomy and Physiology (externally assessed)**

- a. Provides a foundation in the structure and function of body systems and their role in performance.
- b. Delivered through a blend of lectures, lab-based practicals, and formative quizzes.

2. Unit 2: Fitness Training and Programming for Health, Sport and Well-being (externally assessed, synoptic)

- a. Learners apply theoretical understanding to develop and justify fitness and training programmes.
- b. Embedded real-world case studies and data analysis tasks promote applied learning.

3. Unit 3: Professional Development in the Sports Industry (internally assessed)

- a. Focuses on career planning, transferable skills, and personal development.
- b. Learners produce a professional portfolio and undertake mock interviews.

4. Students will also choose one optional unit for the Extended, from a range which has been designed to support choices in progression to sport courses in higher education, and to link with relevant occupational areas.

Teaching is sequenced to build from foundational knowledge in Year 12 towards complex analysis and applied problem-solving in Year 13. Assessment is ongoing, with clear scaffolding to prepare learners for both external examinations and internal assignments.

Learning is enhanced through:

- Guest speakers from the sports and fitness industry.
- Visits to local universities and sports facilities.
- Opportunities for learners to gain leadership experience in coaching or officiating roles.

Curriculum Impact

The course has demonstrated positive outcomes across key performance indicators:

- **Achievement and Retention:** Learners achieve high pass rates, with strong retention into Year 13.
- **Progression:** The majority progress into higher education (e.g. sport science, PE teaching, coaching) or employment within the fitness and leisure industry.
- **Student Voice:** Learners report increased confidence, independence, and understanding of career pathways.
- **Skills Development:** Students show measurable improvement in research, analysis, and presentation skills, with applied vocational competence.

The BTEC Level 3 Extended Certificate in Sport provides a robust and engaging vocational route that successfully prepares learners for further study or employment. The curriculum balances academic rigor with practical relevance and continues to evolve in line with sector developments and student needs.