

# SPORTS STUDIES

## KS5 (Pearson BTEC Level 3 National Diploma in Sport)

### Curriculum Purpose

The BTEC Sport Level 3 is a vocational qualification equivalent to A-levels, designed for students aiming for a career in the sports industry. It combines practical and theoretical learning, covering units like Anatomy and Physiology, Fitness Training, and Sports Leadership. Assessments include coursework and external exams, providing a comprehensive understanding of sports science, coaching, and fitness. Students develop valuable skills in communication, teamwork, and leadership. The qualification offers pathways to further education, such as university degrees in sports science, or direct entry into careers like sports coaching, fitness training, and sports development. We offer two levels of this qualification at Christ the King - Extended certificate, this is the equivalent to 1 A level and the National Diploma this is the equivalent to 2 A Levels.

YR12/13



### Course Content and Skill Development

#### Extended certificate

Component number	Component Title	Learning outcomes	How it is assessed?
1	Anatomy and Physiology	<ul style="list-style-type: none"> <li>• Demonstrate knowledge of body systems</li> <li>• Demonstrate understanding of each body system</li> <li>• Analyse exercise and sports movements</li> <li>• Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements</li> <li>• 5 Make connections between body systems in response to short-term and long-term exercise</li> </ul>	Exam
2	Fitness Training and Programming	<ul style="list-style-type: none"> <li>• Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being</li> <li>• Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals</li> <li>• Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests</li> <li>• Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved</li> <li>• Be able to develop a fitness training programme with appropriate justification</li> </ul>	Exam
3	Professional Development in the Sports Industry	<ul style="list-style-type: none"> <li>• Understand the career and job opportunities in the sports industry</li> <li>• Explore own skills using a skills audit to inform a career development action plan</li> <li>• Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</li> <li>• Reflect on the recruitment and selection process and your individual performance</li> </ul>	Internal assignment
7	Practical sport	<ul style="list-style-type: none"> <li>• Examine National Governing Body rules/laws and regulations for selected sports competitions</li> <li>• Examine the skills, techniques and tactics required to perform in selected sports</li> <li>• Develop skills, techniques and tactics for sporting activity in order to meet sport aims</li> <li>• Reflect on own practical performance using selected assessment methods</li> </ul>	Internal assignment

Additional unit for National Diploma

Component number	Component Title	Learning outcomes	How is it assessed?
22	Investigating Business in Sport and the Active Leisure Industry	<ul style="list-style-type: none"> <li>• Demonstrate knowledge and understanding of sport and active leisure business operations and how to respond to trends and internal and external influences</li> <li>• Analyse and interpret business information and data, and their potential impact and influence on a sport and active leisure business</li> <li>• Evaluate evidence to make informed judgements on how a sport and active leisure business should be developed, diversified or adapted</li> <li>• Be able to make justified recommendations for a sport and active leisure business, synthesising ideas and evidence from several sources to support arguments</li> </ul>	Exam
23	Skill Acquisition	<ul style="list-style-type: none"> <li>• Investigate the nature of skilled performance</li> <li>• Examine ways that sport performers process information for skilled performance</li> <li>• Explore theories of teaching and learning in sport</li> <li>• Carry out teaching and learning strategies for sports skills.</li> </ul>	Internal assignment
4	Sports Leadership	<ul style="list-style-type: none"> <li>• Understand the roles, qualities and characteristics of an effective sports leader</li> <li>• Examine the importance of psychological factors and their link with effective leadership</li> <li>• Explore an effective leadership style when leading a team during sport and exercise activities</li> </ul>	Internal assignment
6	Sports Psychology	<ul style="list-style-type: none"> <li>• Understand how personality, motivation and competitive pressure can affect sport performance</li> <li>• Examine the impact of group dynamics in team sports and its effect on performance</li> <li>• Explore psychological skills training programmes designed to improve performance.</li> </ul>	Internal assignment
10	Sport Event Organisation	<ul style="list-style-type: none"> <li>• A Investigate how different types of sports events are planned and delivered</li> <li>• Develop a proposal for a sports event for implementation approval</li> <li>• Undertake the planning, promotion and delivery of a sports event</li> <li>• Review the planning, promotion and delivery of a sports event and reflect on your own performance</li> </ul>	Internal assignment



Specification Link

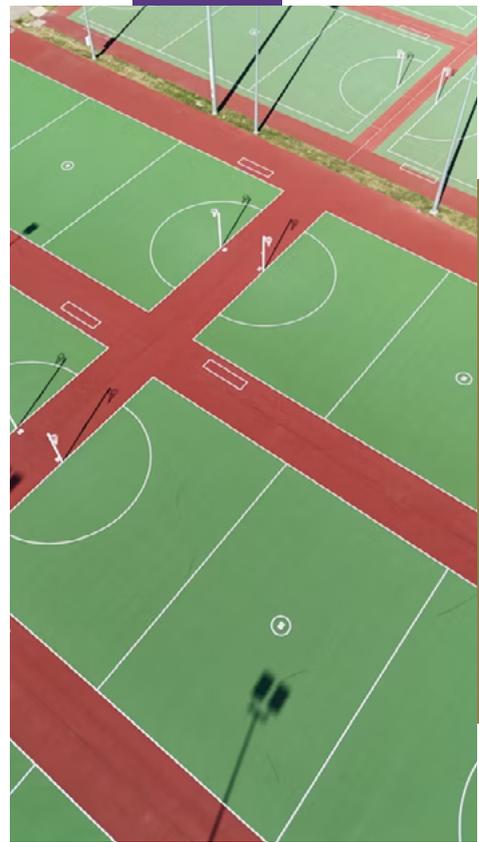
<https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-l3-national-dip-in-sport-spec.pdf>

When and how assessment of learning will happen

Assessment of learning will be ongoing throughout the two year course. This is a modular course, therefore once a unit is completed you will be told what grade you have achieved for that unit. This gives you ownership over your grade and you are always aware of what level you are working at.

## Home Learning Expectations

When students are completing their PSA, Independent learning for BTEC Sport students involves effective time management, active engagement with course materials, and conducting independent research to deepen understanding. Students are expected to critically analyse information, reflect on their performance, and utilise feedback to improve. Practical application of theoretical knowledge through activities like training programs, fitness assessments, and case studies is essential. Additionally, we hope students are actively taking part in sport; whether that be by supporting the school community by helping with extra curricular clubs or taking part in competitive sports outside of College.



## Useful Information

Pearson active learn - online text book.

