

BTEC Level 3 National Diploma in Sport Development, Coaching and Fitness

Course Overview

The Pearson BTEC Level 3 National Diploma in Sports Development, Coaching and Fitness is intended as a Tech Level, equivalent in size to 2 A levels. It has been designed as part of a two-year programme, normally in conjunction with one or more qualifications at level 3. It is aimed at students aspiring to a professional career as a sport performer, or intending to progress to careers that involve performance, including as a sports coach or a support officer in a high performance environment.

Course Content

Year 12

- Unit 3 – Assessing Risk in Sport
- Unit 4 – Fitness Testing and Programming
- Unit 5 -Sports Coaching
- Unit 6 – Sports Development
- Unit 7 – Fitness Testing for Sport and Exercise
- Unit 10 – Outdoor and Adventurous Activities
- Unit 21 – Sports and Exercise Massage

Year 13

- Unit 1 – Principles of Anatomy and Physiology
- Unit 2 – The Physiology of Fitness
- Unit 8 – Practical Team Sports
- Unit 12 – Current Issues in Sport
- Unit 13 – Leadership in sport
- Unit 22 – Rules, Regulations and Officiating in Sport

Assessment

The course is mainly theoretical with some practical aspects. Assessment on this course is through completing a number of tasks and assignments in each unit and producing a portfolio of evidence that meets all the set assessment criteria. The tasks and assignments take on a variety of different formats including leaflets, brochures, reports, evaluations, written accounts, questionnaires, fitness and health testing, magazine articles, lesson planning and coaching and many more.

As the course has no examinations there is a large emphasis on continual assessment (course work) it is therefore essential that candidates are committed to performing consistently at their highest level.

Entry Requirements

Minimum 5 A*-C (Grades 9-5) including English /maths plus Grade 5/merit in GCSE PE or BTEC Award in Sport. It is not essential to have studied and achieved a Level 2 BTEC First in sport qualification or GCSE PE for admittance to enrol onto the BTEC National Diploma in Sport (development, Coaching & Fitness) however it is recommended as BTEC National Diploma in Sport covers similar topics but in greater depth.



Trinity Catholic College 6th form

Progression

BTEC Level 3 National Diploma in sport is building upon the foundation laid within the Level 2
BTEC Firsts provide a platform to aid progression into the following further education and careers:

- Physical Education teaching
- Sports Coaching
- Careers in Leisure and Leisure Centre Management
- Fitness Instructor, Personal Trainer and Outdoor Pursuits Instructor
- Careers in the Armed Forces
- Sports Therapy & Massage
- Physiotherapy
- Sports Journalism
- Youth Worker

Course Contact

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