

BTEC Level 3 National Diploma in Sport Performance and Excellence

Course Overview

The Pearson BTEC Level 3 National Diploma in Sports Performance and Excellence is 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	Year 13
<ul style="list-style-type: none"> Unit 1: Anatomy & Physiology Unit 2. Fitness training & Programming for Health, Sport & Well being Unit 3. Professional Development in the Sport industry Unit 5. Application of fitness testing & training *Optional unit	<ul style="list-style-type: none"> Unit 4. Sports Leadership Unit 7. Practical Sports Performance Unit 27.Outdoor and Adventurous Activities Unit 22. Investigating Business in Sport and Active Leisure Industry Unit 23. Skill Aquisition in Sport

Assessment

Unit 1: Anatomy & Physiology - written exam
 Unit 2. Fitness training & Programming for Health, Sport & Well being – task set and marked by Pearson (Exam board)
 Unit 22. Investigating Business in Sport and Active Leisure Industry - – task set and marked by Pearson (Exam board)
 All remaining units are set and marked internally.

Entry Requirements

Minimum 5A* - C including Eng/Maths plus a grade C/Merit in GCSE PE or BTEC Award in Sport

Progression

Prepares learners with the knowledge and understanding related to elite performance whilst preparing them for related careers including:

- Sports apprenticeships
- Sports undergraduate degree
- Sports coaching

Course Contact

Andy Miller and Gemma Gibson

miller.a@trinitycatholiccollege.org.uk
gibson.g@trinitycatholiccollege.org.uk

