



BTEC Level 3 Extended Certificate in Sport

This course comprises four units totalling 360 guided learning hours (GLH), equivalent to one A-level. It is well-regarded by top sport universities, including Loughborough. Assessment includes externally marked written exams and internally assessed assignments, both subject to a rigorous verification process. The course offers flexibility, allowing resits for both exam and coursework components to help improve student outcomes.

Level BTEC Sport Units studied:

Year 12	Year 13
Unit 1 Anatomy and Physiology 120 GLH – 33.3% Externally Assessed 1hr 30min Exam	Unit 3 Professional Development in the Sports Industry 60 GLH – 16.65% Internally Assessed
Unit 2 Fitness Training and programming for Health, Sport and Well-being 120 GLH – 33.3% Externally Assessed 2hr 30min exam	Unit 5 Fitness Testing 60 GLH – 16.65% Internally Assessed

How is the curriculum assessed?

External examinations - all learners take the same assessment at the same time, normally with a written outcome.

Internal - This ensures that learners are assessed using a variety of styles to help them develop a broad range of transferable skills. Learners could be given opportunities to:

- Write up the findings of their own research
- Use case studies to explore complex or unfamiliar situations
- Carry out projects for which they have choice over the direction and outcomes
- Demonstrate practical and technical skills

Entry Requirements for BTEC Sport Level 3

Students can access the course through two main pathways:

- Achieving a grade 5 or above in GCSE PE
- Earning a Merit or higher in a Level 2 BTEC or Cambridge National in Sport
- No KS4 PE qualification requires grade 5+ in Science
- It is also highly recommended that students are actively involved in sport, as this helps them apply real-world experience to their learning.

Progression and Career Pathways

After successfully completing the BTEC Level 3 Extended Certificate in Sport, students from Alderbrook pursue a wide range of careers in the sports industry. Popular pathways include:

- Physiotherapy and Sports Rehabilitation
- Primary and Secondary Teaching
- Coaching
- Sports Development
- Sports Science
- Leisure Management

This qualification provides a strong foundation for further study and employment in sport-related fields.