

LEVEL 3 BTEC SPORT EXTENDED DIPLOMA YEAR 12

CREATING A LOVE FOR PHYSICAL EDUCATION

Appleton

FITNESS TRAINING AND PROGRAMMING FOR HEALTH, SPORT AND WELL-BEING

Learn how to assess a client's lifestyle and provide recommendations to improve their lifestyle.



SPORTS ORGANISATION

Planning, and delivering a sports event.



SPORTS LEADERSHIP

Learn about the roles, qualities and characteristics of an effective leader.



APPLICATION OF FITNESS TESTING

Explore the fitness tests for all components of fitness.



COACHING FOR PERFORMANCE

An investigation into the skills, knowledge, qualities and best practice of a performance coach and an opportunity to develop your coaching skills.



ANATOMY AND PHYSIOLOGY

Learn the structures and functions of the five key systems and the effects that sport and exercise has on them.

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TECHNICAL AND TACTICAL DEMANDS OF SPORT

Learn the type of skills and tactics used in a range of sports and the way key stakeholders can improve performance.

SKILL ACQUISITION IN SPORT

Understand how different characteristics associated with skill and ability contribute to performance.

DEVELOPMENT AND PROVISION OF SPORT AND PHYSICAL ACTIVITY

Investigation into how developing and enhancing the provision of sport and physical activity plays a central role in helping to improve health of the modern world

PRACTICAL SPORTS PERFORMANCE

Develop knowledge and practical ability in a selection of individual and team sports.

INVESTIGATING BUSINESS IN SPORT AND THE ACTIVE LEISURE INDUSTRY

Learn how sports businesses can plan for growth and expansion.

RULES, REGULATIONS AND OFFICIATING IN SPORT

Explore the roles and responsibilities of officials in a range of sports and develop your own ability to apply sport specific rules.

