

BTEC NATIONAL CERTIFICATE IN SPORT (DEVELOPMENT, COACHING AND FITNESS)

A BTEC National is a practical, work-related course. You learn by completing projects and assignments that are based on realistic workplace situations, activities and demands. At the end of the course you could get a job Or you can use it alongside other qualifications to go into higher education.

What is the BTEC Sport course about?

- NO EXAMS and NO REVISION
- Completing assignments with vocational scenarios that are related to the world of work
- Being assessed through posters, leaflets, power points, presentations, practicals, fact sheets, letters, short essays
- Developing the skills you need to start a career or go onto university
- Completing 12 units across 2 years (equivalent to two A levels)

What are the entry requirements?

- five GCSE's at grades A*-C including:
 - at least a pass grade in a BTEC First Certificate or Diploma in Sport OR
 - at least a C grade in GCSE PE

What else is required?

You must:

- be hardworking, focused and organised – you will need to meet deadlines every week
- be able to work independently, in pairs or groups
- be prepared to contribute to the work of the Physical Education Department in the Academy and across Middlesbrough primary and secondary schools
- have Maths and English at GCSE grade C or a be prepared to re-sit them in Year 12
- want to pursue a career in sport and / or study sport at University

How is the course assessed?

- Each unit is split into assignments and marked using PASS, MERIT, DISTINCTION criteria
- PASS, MERIT, DISTINCTION grades are awarded for each unit
- Completion of assignments is ongoing and you will have the opportunity to improve your work

What is the course worth?

Overall 12 Unit BTEC Grades	Traditional A Level Equivalent
Pass, Pass	E E
Merit, Pass	D D
Merit, Merit	C C
Distinction, Merit	B B
Distinction, Distinction	A A

What units will I study?

Year 12	Year 13
<ul style="list-style-type: none"> • Practical Individual Sports • Practical Team Sports • Leadership in Sport • Fitness Testing • Health and Safety in Sport • Rules, Regulations and Officiating Sport 	<ul style="list-style-type: none"> • Sports Development • Sport and Exercise Massage • Organising Sports Events • Body in Action • Sports Coaching • Training and Fitness

Unit 1: The Body in Action

On completion of this unit a learner should:

- 1 Understand the structure and function of the skeletal system and how it responds to exercise
- 2 Understand the structure and function of the muscular system and how it responds to exercise
- 3 Understand the structure and function of the cardiovascular system and how it responds to exercise
- 4 Understand the structure and function of the respiratory system and how it responds to exercise
- 5 Understand the different energy systems and their use in sport and exercise.

Unit 2: Health and Safety in Sport

On completion of this unit a learner should:

- 1 Know the key factors that influence health and safety in sport
- 2 Be able to carry out risk assessments
- 3 Know how to maintain the safety of participants and colleagues in a sports environment
- 4 Be able to plan a safe sporting activity.

Unit 3: Training and Fitness for Sport

On completion of this unit a learner should:

- 1 Understand the fitness requirements of different sporting activities
- 2 Understand different methods of physical fitness training
- 3 Be able to plan a fitness training programme
- 4 Be able to monitor and evaluate a fitness training programme.

Unit 4: Sports Coaching

On completion of this unit a learner should:

- 1 Understand the roles, responsibilities and skills of sports coaches
- 2 Understand the techniques used by coaches to improve the performance of athletes
- 3 Be able to plan a sports coaching session
- 4 Be able to deliver a sports coaching session.

Unit 5: Sports Development

On completion of this unit a learner should:

- 1 Understand key concepts in sports development
- 2 Know about key providers of sports development
- 3 Understand how quality is measured in sports development
- 4 Know about sports development in practice.

Unit 6: Fitness Testing for Sport and Exercise

On completion of this unit a learner should:

- 1 Understand a range of laboratory-based and field-based fitness tests
- 2 Understand the practice of health screening
- 3 Be able to prepare for, and conduct, appropriate fitness tests
- 4 Be able to analyse the results of fitness tests.

Unit 7: Practical Team Sports

On completion of this unit a learner should:

- 1 Be able to use a range of skills, techniques and tactics in selected team sports
- 2 Understand the rules and regulations of selected team sports
- 3 Be able to assess their own performance in selected team sports
- 4 Be able to assess the performance of teams in selected team sports.

Unit 8: Practical Individual Sports

On completion of this unit a learner should:

- 1 Be able to use a range of skills, techniques and tactics in selected individual sports
- 2 Understand the rules and regulations of selected individual sports
- 3 Be able to assess their own performance in selected individual sports
- 4 Be able to assess the performance of other individuals in selected individual sports.

Unit 12: Leadership in Sport

On completion of this unit a learner should:

- 1 Understand the qualities, characteristics and roles of effective sports leaders
- 2 Understand the importance of psychological factors in leading sports activities
- 3 Be able to plan sports activities
- 4 Be able to lead sports activities effectively.

Unit 20: Sport and Exercise Massage

On completion of this unit a learner should:

- 1 Understand the effects and benefits of sport and exercise massage
- 2 Understand the role of sports sport and exercise professionals
- 3 Be able to identify the sport and exercise massage requirements of athletes
- 4 Be able to demonstrate different sport and exercise massage techniques.

Unit 21: Rules, Regulations and Officiating in Sport

On completion of this unit a learner should:

- 1 Understand the rules, laws and regulations of a selected sport
- 2 Understand the roles and responsibilities of officials involved in a selected sport
- 3 Be able to analyse the performance of officials in a selected sport
- 4 Be able to officiate effectively in a selected sport.

Unit 22: Organising Sports Events

On completion of this unit a learner should:

- 1 Know about different types of sports events
- 2 Understand the roles and responsibilities of people involved in planning and delivering sports events
- 3 Be able to plan a sports event
- 4 Be able to deliver a sports event
- 5 Be able to review the planning and delivery of a sports event.

BTEC Sport clothing:

Students have the opportunity to purchase personalised clothing to wear around the Academy and during off-site activities. Typical costs for a Nike tracksuit and 3 polo shirts is £80. The Academy will contribute £30 towards this total cost.

What other subject could I study along side BTEC Sport?

- BTEC Sport students can also take:
- Rugby Academy or Sports Leadership courses
- A level's for example – Physical Education, Biology, Psychology, Sociology, Geography
- 6 Unit BTEC's for example – Engineering, ICT, and Business

What other qualifications and experiences will I have the chance to gain?

- Level 2 in Community Sports Leadership
- FA Level 1 Coaching Award
- England Hockey Leaders Award
- England Badminton Junior Helpers Award
- Basic First Aid in Sport Award
- Lead sports activities in core PE lessons
- Lead sports activities in primary schools
- Assist in the managing of sports teams
- Organise sports events with primary schools
- Coaching enrichments activities and Academy teams

What can I do at the end of the course?

BTEC National Certificates are valued by employers and higher education (universities and colleges).

If you want to get a job straight away you could work in:

- Sports / Leisure Centres
- Fitness Centres (further training required)

If you decide to go onto university you could study:

- Sports Studies
- Leisure Management
- Teacher Training
- Coaching
- Health and Fitness
- Sports Development
- Sports Therapy

Previous results

BTEC Grades	2005	2006	2007
Pass, Pass	2	0	0
Merit, Pass	2	1	2
Merit, Merit	0	1	5
Distinction, Merit	2	5	1
Distinction, Distinction	3	3	7

Course Leader – Miss King, Head of Physical Education