

BTEC LEVEL 3 DIPLOMA IN SPORT (DEVELOPMENT, COACHING & FITNESS)

At Key Stage 5 we offer the BTEC Level 3 Diploma in Sport, which is broadly equivalent to two A levels (A*-E).

The Sport specification has been developed to provide learners the opportunity to enter employment in the sport and active leisure sector or to progress to higher education vocational qualifications such as the Edexcel BTEC Higher Nationals in Sport or related areas. It gives learners the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance in working life.

Students must complete 8 mandatory units and are allowed to select 5 optional units that reflect their aspirations and the diverse nature of the sport sector.



Units Studied	Credit Value	Unit Choice
Unit 1: Principles of Anatomy & Physiology in Sport	5	Mandatory
Unit 2: The Physiology of Fitness	5	Mandatory
Unit 3: Assessing Risk in Sport	10	Mandatory
Unit 4: Fitness Training & Programming	10	Mandatory
Unit 5: Sports Coaching	10	Mandatory
Unit 6: Sports Development	10	Mandatory
Unit 7: Fitness Testing for Sport and Exercise	10	Mandatory
Unit 8: Practical Individual Sports	10	Mandatory
Unit 10: Outdoor & Adventurous Activities	10	Optional
Unit 11: Sports Nutrition	10	Optional
Unit 13: Leadership in Sport	10	Optional
Unit 14: Exercise, Health and Lifestyle	10	Optional
Unit 18: Sports Injuries	10	Optional