**BTEC NATIONAL IN SPORT**

**Overview**

For students that are considering taking Sport and Physical Education to Level 3 studies in 6th form and are unsure of taking A’ Level PE or BTEC Sport. Although both qualifications can be combined with other subjects, BTEC Sport can also be done on its own. BTEC Sport is for those students who have a real interest and love for all things sport. The course comprises many different aspects of sport and the sports industry. Ideal for those that would like to follow a career in PE teaching, sports coaching, leisure management, personal training or sports development. The whole course highlights how sport is used to improve people’s general health and fitness but also how to prepare yourself for high level competition.

Studied as a single or double along with other subjects or as a triple on its own, further study at University accepts this as a qualification in a wide range of contexts.

As a triple award, the course comprises of 14 units:

**Four externally assessed units**

Anatomy and Physiology Fitness Training and Programming

Development and Provision of Sport Investigating Business in Sport

**Ten internally assessed units**

Professional Development in Sport Sports Leadership Fitness Testing Sports Psychology Sports Performance Sports Coaching Sports Research Skill Acquisition in Sport Rules, Regulations and Officiating

**Whilst there will be some specific ‘bridging work’ set on the school website before the end of term, developing an understanding of the following prior to this would be useful:**

**Skeletal system** (major bones in the human body) **Muscular system**(major muscles in the human body)

**Circulatory system**(Major components of the heart and blood vessels)

**Respiratory system**(major components of the lungs)**Energy Systems** (basics of the 3 energy systems used by the human body)

Skills used in your favourite sports Rules and Regulations of your favourite sports

**You should recap/familiarise yourself with:**

Structure of the human body systems, labels and locations

How do these systems respond to short term exercise/sport?

How do these systems adapt to long term exercise/sport?

What are the main skills involved in your favourite sport? How do you practice them to improve?

What are the main rules and regulations of your favourite sport? How and why have they changed in recent years?

**Save your work in a portfolio that can be incorporated into your subject folder if/once you decide to commence this course.**