

Year 11-12 Transition Pack:

BTEC Level 3: National Extended Certificate in Sport

PE/Sport



**Introduction**

The BTEC Level 3 Extended Certificate in Sport is the equivalent to a single A-Level. During this course you will complete 4 units, 2 of which are internally assessed and 2 externally.

Year 12

Unit 1: Anatomy and Physiology - external exam (Sit in May 2026)

Unit 7: Practical Sports Performance – internally assessed by practical video footage and coursework

Year 13

Unit 2: Fitness Training and Programming for health sport and well-being – external exam (Jan 2027)

Unit 3: Professional Development in the Sports Industry – internally assessed by practical video footage and coursework

This course is a perfect stepping stone if you are interested at working in the sports industry whether that be going to University or hoping to work in the sport and leisure sector. By completing this course you will get a wide range of content across all 4 units which will give you the breadth and depth needed to be successful in a number of careers such as PE Teaching, coaching, physiotherapy and many more.

For more information, please contact the Head of PE Mr J.Smith (j.smith@georgesalter.com)

**Course Overview**

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| **Unit** | **How and when is this assessed?** | **What content is it this unit?** |
| Unit 1: Anatomy and Physiology | Year 12 external exam (May 2026) | Section A: Skeletal System  Section B: Muscular System  Section C: Respiratory System  Section D: Cardiovascular System  Section E: Energy Systems  Section F: Interrelationships |
| Unit 7: Practical Sports Performance | Year 12 Sept – June  Internally assessed | A: Examine National Governing Body rules/laws and regulations for selected sports competitions  B: Examine the skills, techniques and tactics required to perform in selected sports  C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims  D: Reflect on own practical performance using  selected assessment methods |
| Unit 2: Fitness Training and Programming for health sport and well-being | Year 13 external exam (Jan 2022) | Section A: Examine lifestyle factors and their effect on health and well-being  Section B: Understand the screening processes for training programming  Section C: Understand programme-related nutritional needs  Section D: Examine training methods for different components of fitness  Section C: Understand training programme design |
| Unit 3: Professional Development in the Sports Industry | Year 13 Sept – June  Internally assessed | A: Understand the career and job opportunities in the sports industry    B: Explore own skills using a skills audit to inform a career development action plan  C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway  D: Reflect on the recruitment and selection process and your individual performance |

**Articles to Read**

**National Governing Bodies for team and individual sports for example:**

**Football – The FA**

[**http://www.thefa.com**](http://www.thefa.com)

**Netball – England Netball**

[**https://www.englandnetball.co.uk**](https://www.englandnetball.co.uk)

**Basketball – Basketball England**

[**https://www.basketballengland.co.uk**](https://www.basketballengland.co.uk)

**Badminton – Badminton England**

[**https://www.badmintonengland.co.uk**](https://www.badmintonengland.co.uk)

**Every sport has their own National Governing Body which can be found through Google.**

**Summer Activity- Due in your first lesson in September**

1. Create a poster of the muscles on the body and learn them (this includes where they are and the spelling)
2. Create a poster of the bones in the body and learn them (this includes where they are and the spelling)
3. For a team sport of your choice (Football, Netball, Basketball, Hockey, Handball etc.) make a powerpoint with 8-10 rules (using the websites above). You must describe the rule in detail and explain what happens when the rule is broken
4. For an individual sport of your choice (Badminton, Athletics, Trampolining) make a powerpoint with 8-10 rules (using the websites above). You must describe the rule in detail and explain what happens when the rule is broken

YOU MUST PICK A TEAM AND INDIVIDUAL SPORT THAT YOU CAN BE ASSESSED IN. DON’T PICK SOMETHING YOU HAVE NEVER PLAYED OR ARE NOT CONFIDENT IN.