

BTEC Level 3 National Foundation Diploma in Sport

Course Outline:

The sport sector

According to research carried out by Sport England, the sport industry contributed £20.3 billion to the national economy in 2010, which was 1.9 per cent of the total. It is one of the top 15 industry sectors in England, employing over 400,000 people and offering many career openings in a range of areas, including fitness training, coaching, teaching and sports science.

Who is this qualification for?

The Pearson BTEC Level 3 National Foundation Diploma in Sport is intended to be an Applied General qualification for post-16 students who want to continue their education through applied learning, and who aim to progress to higher education and ultimately to employment, most likely in the sport sector. The qualification is equivalent in size to 1.5 A Levels, and it has been designed as a 1 year, fulltime study programme, or a full two year programme when studied alongside further Level 3 qualifications. Students wishing to take this BTEC will have successfully completed a Level 2 programme of learning with GCSEs or vocational qualifications

The Course is set out in seven units. Five internal assessed and two external assessed by exams.

If you complete all seven units it will be the equivalent to 1.5 A levels.

Year 1 (Y12)

- > (U1) Anatomy and Physiology **EXAM**
- > (U3) Professional Development in the Sports Industry
- > (U4) Leadership in Sport
- > (U7) Practical Sports Performance

Year 2 (Y13)

- > (U2) Fitness training and programming for Health Sport and Well-being **BOOK EXAM**
- > (U8) Coaching for Performance
- > (U5) Application of Fitness Testing

Unit 1 is an externally assessed unit. It will be assessed through one examination of 90 marks lasting 1 hour and 30 minutes. Learners will be assessed through a number of short- and long-answer questions. Learners will need to explore and relate to contexts and data presented. The questions will assess understanding of the skeletal, muscular, respiratory, cardiovascular and energy systems to determine the interrelationships between body systems for sports performance.

Task:

The first unit to be covered will be the skeletal System. You will need to label a diagram of a skeleton with the following bones (**don't just print one from the internet**);

cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column (cervical, thoracic, lumbar, sacrum, coccyx), femur, patella, tibia, fibula, tarsals, metatarsals.

You then need to classify all of these bones as Long bones, short bones, flat bones or irregular bones by drawing a table with these as the headings. You will be expected to explain how you have classified them to the class in the first lesson in September. If you do this on a word document it will be printed and put into your book for revision in your first lesson in September.