

BTEC First Extended Certificate in Sport

This course is based on an integration of theoretical and practical lectures. At extended certificate level it is equivalent to two GCSEs at C and above. To successfully complete this qualification, the learner is required to complete both the single core unit, one of the mandatory specialist units and up to three optional specialist units.

Core Unit:

- Fitness Testing & Training

This unit gives learners the opportunity to explore the essential fitness requirements and training methods used to achieve successful sports performance. The unit also explores lifestyle and psychological factors and the effects these can have on sports training and performance.

Mandatory Specialist Units:

- Practical Sport
- Outdoor and Adventurous Activities

The practical sport unit allows students to develop a sound knowledge of the rules, skills and techniques for one team and one individual sport through practical application.

As an alternative we can also offer students the opportunity to participate in exciting outdoor and adventurous activities such as climbing, kayaking, orienteering, caving and ropes courses. The unit provides an opportunity to learn and apply new practical skills and techniques.

Specialist Units:

- Anatomy & Physiology for Sport
- Injury in Sport
- Leading outdoor and adventurous activities
- Expedition experience

Additional Qualifications

It must be emphasised that although we endeavour to provide opportunities for students to complete additional industry recognised qualifications within the course, we cannot guarantee all students will meet the prerequisites nor can we guarantee they will achieve the assessment criteria as a high level of skills and knowledge are required to achieve the qualifications successfully.

- British canoe union star tests
- ASDAN Adventure & Residential Award
- Climbing Wall Award Training
- BELA / CSLA
- First Aid

Assessment

Assessment is continuous through assignments. A range of assessment methods are used including written tasks, group and individual presentations, reports, video analysis and practical skill observations. All units are assessed, graded and internally verified. A sample of units may then be externally verified. An overall grade for the qualification is then awarded according to the accumulative score of all units achieved.

Where Next?

Public and private Outdoor Education / Activity Centres, Adventure parks, Field study centres, Armed forces, Emergency services, National and countryside parks, Leisure centres, HND & BTEC National Level Study.

