Is Sport (Development, Coaching & Fitness) for you?

- You must have achieved 5 GCSEs at grade C or above.
- You want to investigate the different aspects of the Sports Industry from health and fitness and sports therapy to sports coaching and teaching.
- You want to apply your knowledge and technical skills within practical fitness and coaching environments.
- You wish to develop practical sports skills in a variety of sports.
- You want to pursue a career in the sport and fitness industry.
- The BTEC Extended Diploma qualification is studied across 2 years and is equivalent to 3 A-Levels. This can be studied alongside The Football Academy Programme at The Sixth Form College.
What will I learn?

**Principles of Anatomy & Physiology in Sport**
You will consider the structure and function of various body systems.

**The Physiology of Fitness**
You will investigate how the different body systems respond to exercise and training.

**Assessing Risk in Sport**
You will look at the health and safety issues relating to sport and exercise and learn to identify and deal with basic sports injuries. There is the opportunity for you to gain Basic First Aid certificates.

**Fitness Training & Programming**
On completion of this unit you will be able to plan, deliver and evaluate a range of exercise sessions for a variety of people.

**Sports Coaching**
You will learn about and acquire the practical skills that will enable you to assist and lead a coaching session.

**Fitness Testing for Sport and Exercise**
You will gain knowledge of and undertake a variety of health screening/monitoring tests and fitness tests and interpret the results.

**Practical Team Sports**
You will be required to demonstrate your practical skills in two team sports. You will also show understanding of the rules and regulations and how to assess strengths and weaknesses in these sports.

**Sports Development**
You will learn about development continua, barriers to participation and sports development providers and initiatives.

**Sports Nutrition**
You will learn about the concepts of nutrition, digestion and gain understanding of energy intake and expenditure during physical performance. You will also learn about the relationship between hydration and sports performance then be able to plan a diet for a selected sports activity.

**Instructing Physical Activity & Exercise**
You will investigate how the different body systems respond to exercise and training.

How will I be assessed?
There are no exams for this course. All assessment is through set assignments which are submitted at various points through the year.

What activities can I get involved in?

Students applying to study the BTEC Level 3 Extended Diploma in Sport are eligible to join The Sixth Form College’s Football Academy Programme in Partnership with Rhyl Football Club.

The Football Academy programme centres around two weekly football sessions and a weekly fixture with a specialist tutor, who will help you develop your skills within the sport. You must express an active interest in football. For more information email Adam Thomas at at@bsfc.ac.uk.

The College has lots of exciting enrichment and C.V building opportunities including the chance to earn the Duke of Edinburgh’s Gold Award, learn a new skill, learn a language, join a club, take up or develop a sport or take on a new challenge. See the College Prospectus for further information about what is on offer.

Where does it lead?
Level 3 BTEC Diplomas are valued by employers and Higher Education providers. You may choose a degree in Sports Studies, Sports Therapy, Coaching, Leisure Management, Recreation Management or teacher training.

You may choose a career in a sports-related field such as in a Sports Centre, Leisure Centre or Outdoor Activities Centre.

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