

6

SPRINGBOARD



BTEC Extended Certificate/ BTEC Extended Diploma in Sport

OUR COURSE DETAILS

The BTEC Level 3 Extended Certificate and BTEC Extended Diploma in Sport are both fantastic courses for those with a keen interest and looking to pursue a career in Sport, Coaching or Fitness. These are Applied General qualifications, with the Extended Certificate equivalent in size to one A Level and the Extended Diploma equivalent in size to three A Levels. Our courses meet university entry requirements in their own right for learners who want to progress to higher education courses in sport or sports related degrees before entering employment.

Our courses are designed to allow you to further develop your skills and gain valuable experience so that you can make the most of these opportunities.

Both courses teach you the theory behind sport, will help you develop a real life understanding of the subject and at the same time develop great practical skills that will stand you in good stead for university or your future career.



PREPARING FOR STUDY

A good knowledge of Anatomy, Physiology and Fitness studies are required when studying sport, as it underpins a lot of the modules that you will go on to study.

Don't worry if you haven't studied them before, when you start with us, we will start from the basics, however you can get a head start with the reading material, and using the links on this information guide



EMPLOYABILITY

There are many career opportunities in Sports, Fitness and Health, research the following and make notes on what the job involves, if you need further study or training,

University entry criteria, personal skills etc

www.prospects.ac.uk

- PE Teacher
- Sports and Exercise Scientist
- Sports Journalism
- Sports Psychologist
- Physiotherapist
- Sports Psychologist
- Massage Therapist/ Sports Therapist



USEFUL ONLINE LINKS

www.free-anatomy-quiz.com A range of anatomy and physiology resources to get you started

www.bbc.co.uk BBC Sport podcast links)

Some have guest speakers for example Anthony Joshua, talking about his sport and how he trains, eats, recovers

www.teachpe.com

UNIVERSITY COURSES

There are some fantastic Universities with amazing facilities up and down the country where you can study Sport, Sports coaching, Sports and Exercise Science, Physiotherapy, Sports Therapy etc

Check out the following Universities:

- The University of Exeter
- Sheffield Hallam University
- Leeds Metropolitan University
- Edinburgh University
- Nottingham Trent University
- The University of Manchester
- Cardiff University
- Durham University



OUR TOP READS

- BTEC Sport Student Book – Adam Gledhill
- BTEC Sport Revision Workbook- Pearson
- Fundamentals of Anatomy and Physiology- Bartholomew

ADDITIONAL ACTIVITIES TO DO

1. Keep a food diary of one of your weeks in lockdown, log what you eat and drink throughout the day and be sure to log the times. We can analyze this when you are back in college to look at the nutritional make up of your diet.
2. Make a note of the different types of exercise or physical activity you are doing during lockdown and comment on what happens to your breathing and heart rate and note how long it takes you to recover (back to resting heart rate)

PEOPLE TO RESEARCH

- **Dr Gunther von Hagens** is a German Anatomist who invented plastination which gives us an in depth look at the human Body from a very different perspective
- **Simone Biles**- American Gymnast with Over 30 Olympic and World Championship Gold metals
- **Research and give information** on a person in sport who influences you, give reasons for your choice

FILMS

The Game Changers- A UFC fighter embarks upon a quest to find the optimal diet for human performance

www.amazon.co.uk A documentary called fittest on earth.

www.amazon.co.uk I am Bolt documentary

Remember the Titans- Available on Netflix- Looks at group dynamics in Sport

Cristiano Ronaldo- Tested to the limit a documentary looking at genetics and adaptations which have occurred as an effect of training www.youtube.com

LINKS TO THE SPECIFICATIONS

qualifications.pearson