

## **BTEC EXTENDED CERTIFICATE IN SPORT**

### **FAQs**

#### **Q: What subjects will I study?**

You will study 4 units over two years these include 3 mandatory units, anatomy and physiology, fitness training and programming for sports, health and well-being and 1 optional unit will be selected.

#### **Q: Why would I choose the Extended Certificate?**

If you are interested in sport but would like to also study other A Levels then the extended certificate is for you. It is accepted by all universities as a 1 A Level equivalent, but it is important to do your research and ensure that any higher education course you want to study accepts the extended certificate in sport.

#### **Q: Are there a lot of practical sessions and do I need to be good at sport?**

We try to make all of our sessions on the course as practical as possible to help you to understand the units being taught. There are lots of representative sports and enrichment activities that you can take part in. It is important that you have a passion for sport and take part in some type of sporting activity as it will help you to fully understand some of the key concepts in many of the units. In addition a strong interest in sport and health will help as you will be more engaged with the units you will cover.

#### **Q: What have students who have studied this course gone on to do?**

A high percentage of our students go on to further study at university, courses include BSc Sports and Exercise Science, BSc Physiotherapy, BSc Sports Psychology. BEd Physical Education, BSc Sports Coaching. Some students choose to study courses in further education such as personal training/ gym instructing, others go on to employment or an apprenticeship.

#### **Q: Can I represent the college in a sports team?**

Yes, we enter for our teams into league and cup competitions and you can represent the college in the following:

- Men and Women's Football

- Men and Women's Basketball
- Netball
- Rugby

The following sports are not actually entered into a league or cup competition, but friendly games can be arranged.

- Badminton
- Cricket
- Volleyball

### **Q: When does training take place?**

Men and Women's Football (outside), Men and Women's Basketball (inside) Men's Rugby (in the gym) train on a Monday morning 2<sup>nd</sup> period (B-Block), Netball train on a Tuesday 3<sup>rd</sup> period (B-Block) Badminton takes place after college on a Thursday until 6pm.

### **Q: When are match days?**

Match days take place on a Wednesday afternoon for all sports either at home or away. If the match is away, you will normally be transported to and from the venue via minibus.

### **Q: What do I do if training takes places during one of my classes?**

Your module teacher will be made aware that you are taking part in sport and this will not affect your attendance, you will be responsible for catching up with what you have missed during the session and we would recommend that you attend the next available subject support session. There may be the odd time when the teacher may ask you to miss a training session to attend class when something crucial is being delivered.

### **Q: Can I participate in any other sports at college?**

Yes, we offer a wide range of sport including table tennis, self-defence, yoga, judo, boxing, trampolining (red kangaroo), archery, dance, gym sessions and many more. They are usually scheduled during lunchtimes throughout the week. Individual competitors in sports such as cross country running, swimming and tennis, table tennis, golf and badminton can be entered into the qualifier stage of the AOC National Championships competition.

### **Q: If I take part in college sports, do I need to bring my own kit?**

For training sessions, you wear your own full kit, however for the matches, we provide shirts only and you will have to bring your own shorts socks and footwear, Netballers we have a limited amount of

dresses and advise you to buy your own dress- details of all of this will be given at the beginning of term in the sports teams information meeting.

**Q: Can I join a team for fun or do I have to compete?**

No, you don't have to compete but please let your coach know

**Q: Can you recommend books that will help me on this course?**

- BTEC National Sport – Student Book 1 ISBN – 9781292134000 -Pearsons
- BTEC National Sport – Student Book 2 ISBN – 9781292134062- Pearsons

**Q: Who do I need to get in touch with if I need further information about the course or sports/sports teams?**

Please contact:

- [Shanon.parker-bennett@bilborough.ac.uk](mailto:Shanon.parker-bennett@bilborough.ac.uk) (for all course related enquiries)
- [Cordelia.mills@bilborough.ac.uk](mailto:Cordelia.mills@bilborough.ac.uk) (for all questions relating to sports/sports teams)