**University Academy Holbeach**



Pearson BTEC Level 3 National Extended Diploma in Sport

2020-2022

**KS5 Induction Evening Booklet**

**Name: ........................................................**

**Welcome to the course**

Welcome to the University Academy Holbeach 6th Form and the Pearson BTEC Level 3 National Extended Diploma in Sport.

The course itself:

* This is an Applied General qualification, equivalent in size to three A Levels. It has been designed as a full two-year programme that meets the entry requirements in its own right for learners who want to progress into a higher education course in sport before employment.
* 1080 GLH (1390 TQT) Equivalent in size to three A Levels.
* 14 units of which 10 are mandatory and 4 are external. Mandatory content (78%). External assessment (42%).
* External Assessments:
1. Examination Paper – 1 hour 30 minutes – 80 marks
2. Three set tasks (case studies) – pre-release material given two weeks before controlled assessment. Two hour 30 minutes or 3 hours given to complete assessment material. 60 marks or 64 marks.
* Internal Assessments:

Set and assessed by teaching staff and are put through an internal verification process. Assessment methods may include: written reports, practical demonstration, group work, verbal presentations, information leaflets and visual displays.

* Grading – Internal Units are assessed using a grading scale of Distinction, Merit, Pass and Unclassified. External units have an additional grade of a Near Pass. All mandatory and optional units contribute to the overall qualification grade.

**The Course Units**

**10 Mandatory Units:**

*Group A – learners must complete and achieve all units*

1 – Anatomy and Physiology

2 – Fitness Training and Programming for Health, Sport and Well-being

19 – Development and Provision of Sport and Physical Activity

22 – Investigating Business in the Sport and Active Leisure Industry

23 – Skill Acquisition in Sport

*Group B – learners must complete all units*

3 – Professional Development in the Sports Industry

4 – Sports Leadership

7 – Practical Sports Performance

8 – Coaching for Performance

9 – Research Methods in Sport

**4 Optional Units:**

*Group C – Learners must complete 4 units*

5 – Application of Fitness Testing

6 – Sports Psychology

7 – Practical Sports Performance

10 – Sports Event Organisation

**What can the course do for you?**

This qualification will support entry into higher education and employment in possibly the sports industry.

The course carries UCAS points and is recognised by higher education providers as meeting or contributing to admission requirements for many relevant courses (always check entry requirements for degree programmes with the specific high education providers).

Examples of degree options:

* BA (Hons) Sports Development & Management
* BSc (Hons) Sports Management
* BSc (Hons) Sports Business Management
* BSc (Hons) Sports & Leisure Management
* BSc (Hons) Sports Science (outdoor Activities)
* BSc (Hons) Exercise, Health & Fitness
* BSc (Hons) Sport & Exercise Psychology
* BA (Hons) Physical Education (Secondary) (with QTS)
* BA (Hons) Sport & Physical Education
* And many more...

Employability Skills:

• **Cognitive and problem-solving skills**: use critical thinking, approach non-routine problems applying expert and creative solutions, use systems and technology

• **Intrapersonal skills**: communicating, working collaboratively, negotiating and influencing, self-presentation

• **Interpersonal skills**: self-management, adaptability and resilience, self-monitoring and development.

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| **ANALYSE** | Present the outcome of methodical & detailed examination:* Break down a theme, topic or situation in order to interpret and study the interrelationships between the parts and/or of information or data to interpret and study key trends.

Use of literature to support your analysis is required. |
| **ASSESS** | Present a careful consideration of varied factors or events that apply to a situation, or identify those that are most important or relevant and arrive at a conclusion. |
| **COMPARE** | Identify main factors relating to two or more items/situations. Extend this to explain similarities and differences, advantages and disadvantages. |
| **CREATE/CONSTRUCT** | Skills to make or do something |
| **DISCUSS** | Consider different aspects of a topic, how the interrelate and the extent of which they are important |
| **DEMONSTRATE** | Show knowledge and understanding |
| **EVALUATE** | Draw on varied information, themes or concepts to consider, strengths and weaknesses, advantages and disadvantages, alternate actions, relevance or significance.Should lead to a supported judgement (use of literature) showing relationship to its context – a conclusion. |
| **EXAMINE** | Knowledge through application – apply and select knowledge to less familiar concepts |
| **EXPLORE** | Skills/Knowledge involving practical testing or trialling |
| **IDENTIFY** | Pick out and describe the main points and being able to discern and understand the facts and qualities of it |
| **INTERPRET** | Clarify or explain the meaning. |
| **INVESTIGATE** | A careful and systematic inquiry into a topic or issue based on personal research and development |
| **JUSTIFY** | Provide reasons or evidence to why something is valid. |
| **MANAGE** | Engage with and influence an activity or process. |
| **REPORT** | Adhere to protocols, codes and conventions where findings or judgements are set down in an objective way. |
| **RESEARCH** | Seek information from primary and secondary sources. |
| **REVIEW** | Write a critical assessment. |
| **STAGE AND MANAGE** | Organisation and management skills. |
| **SUMMARISE** | Give an account of the main points. |
| **UNDERTAKE/CARRY OUT/DEVELOP** | Skills – often referring to processes or techniques |

**Glossary of Important BTEC Terms**

**Summer Research Tasks**

**Unit 1**

**Skeletal System:**

1. Name the bones on a skeleton diagram

2. List the main functions of the Skeleton

3. Find out and describe the different types of joint & what movements can occur at joints

4. How does the skeletal system respond to exercise?

**Muscular System:**

1. Name the muscles on a diagram of the human body

2. Find out 3 different types of muscle contraction

3. Research the different types of muscle fibres

**Respiratory and Cardiovascular System:**

1 – Create a resource for each including all key information you can find including:

Structure

Functions

Volumes

Responses to exercise

**Energy Systems:**

Aerobic & Anaerobic

ATP/PC system

**Unit 2:**

1. Write down as many lifestyle factors that affect your health and well-being and describe the positive or negative affect it can have.

2. List the components of a balanced diet and what foods you would get these from and how they would help sports performers.

3. Find out about different training methods and components of fitness and describe in them in detail. Provide a training method MOST suited to the component of fitness and then provide an example of an activity that could be completed within a training programme.

4. Identify the principles of Training

5. Identify health monitoring tests and why they would be used.

**Any other information?**