

# SPORT

BTEC Level 3 National Extended Certificate

## Why Study this course?

- You have a keen interest in Sport and the Sporting World
- You want to continue your education through applied learning
- You aim to progress to Higher Education
- You aim to work in the Sport sector
- You want to develop transferrable skills valued by education providers and employers
- You want to develop skills such as teamwork, leadership, performance analysis, resilience, and synthesising concepts.



## Career Progression

- This qualification combines well with a large number of subjects and supports entry to higher education
- University Degrees including; BA (Hons) in Sport Studies and Business, BSC (Hons) in Sport Psychology, BA (Hons) in Sports Education and Special and Inclusive Education, BA (Hons) in Sport and Exercise Science.
- Careers including; PE teaching, Sports Coaching, Sports Science (e.g. nutritionist, sport psychology, sports therapy and injury management, personal training, exercise and fitness), Sports Development, Leisure management (e.g. facility management, grounds keeping, activity coordinator), Sports Journalism.

## What You'll Study

### Year 1:

In Year 12 you will study two mandatory units:

- **Anatomy and Physiology**  
explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.
- **Professional Development in the Sports Industry**  
explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities

### Year 2:

In Year 13 you will study one mandatory unit; as well as one optional unit from a choice of four.

**Mandatory:**

- **Fitness Training and Programming for Health, Sport and Well-being** - Explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

**Optional (one of the following four):**

- **Sports Psychology** - This unit covers the psychological dimensions of sport, and introduces psychological techniques that can be used to enhance performance.
- **Sports Leadership**
- **Application of Fitness Testing**
- **Practical Sports Performance**



To find out more you can visit our website:  
[www.parrswood.manchester.sch.uk/sixthform](http://www.parrswood.manchester.sch.uk/sixthform)

## Why study Sport at PWSFC?

### Why Parrs Wood?

We boast extensive facilities to benefit your studies including:

- Large Sports Hall, Gymnasium, Dance Studio and fitness Suite
- Largest Playing fields in Manchester
- All weather astro-turf pitch

### If you like this subject, you may also like:

Business, Psychology, English Language, Maths, Applied Sciences, Performing Arts.

