

# SPORT AND OUTDOOR ACTIVITIES

## HEAD OF DEPARTMENT

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## TYPE OF QUALIFICATION

BTEC National Diploma

**NOTE: This qualification is equivalent to 2 A-levels and should accompany one other A-level/BTEC course.**

## EXAM BOARD

Pearson

## SPECIFICATION

[Click here](#)

## ENTRY REQUIREMENTS

*Preferred:* GCSE Biology and P.E. grade 5

*Essential:* GCSE Biology grade 4



## AIMS OF THE COURSE

The Pearson BTEC Level 3 National Diploma in Sport is intended to be for post-16 learners wanting to continue their education through applied learning, and who aim to progress to higher education and ultimately to employment in the sports sector.

The course structure at Dallam provides a broad knowledge base across many areas including sports industry, sports leadership, sports performance, sports physiology, sports injury, fitness & training, sports psychology and outdoor education.

## COURSE OUTLINE & ASSESSMENT

Nine units are completed over the two-year course, with five of these involving a practical element:

- Unit 1 Anatomy & Physiology
- Unit 2 Fitness Training and Programming for Health, Sport and Well-being (practical element)
- Unit 3 Professional Development in the Sports Industry
- Unit 4 Sports Leadership (practical element)
- Unit 7 Practical Sports Performance (practical element)
- Unit 17 Sports Injury Management (practical element)
- Unit 22 Investigating Business in the Sport and Active Leisure Industry
- Unit 23 Skill Acquisition in Sport
- Unit 27 Principles and Practices for Outdoor and Adventurous Activities (practical element)

## CAREER PROSPECTS

The content allows students to concentrate on the development of their practical skills and the broad knowledge required for entrance into higher education programmes in sport. The qualification allows for admission onto many relevant courses, for example: Sports Development and Management, Sports Business Management, Sport and Leisure Management, Sports Science, Exercise, Health and Fitness, and Sport and Exercise Psychology.

## SUBJECT ENRICHMENT



### Something to think about...

Technology in Sport; cheating or evolution? Should a performer use dynamic or static stretching before competition? Should global events such as the Olympics include all countries regardless of political issues?



### Something to listen to...

Podcasts discussing topical sports talking points. 'Sportsworld' and 'Flintoff, Savage and the Ping Pong Guy', both available on BBC Sounds



### Something to read...

[YouGov](#) is a Sports Research company with lots of interesting articles. Also check out [UK Sport](#) for everything Team GB. Good Books: 'How Bad Do You Want It?: Mastering the Psychology of Mind Over Muscle' by Matt Fitzgerald and 'Bounce: the Science of Success' by Matthew Syed.

