



BTEC National Extended Certificate in Sport SINGLE option

Year 12 (2017-19)

Topics studied:

Year One

Unit 1 – Anatomy & Physiology

MANDATORY / 120 credits

External Exam

Unit 3 – Professional Development in the 3.2 Managers, Leaders and decision making

MANDATORY / 60 credits

Internal assessment

Year Two

Unit 2 – Fitness Training & Programming

MANDATORY / 120 credits

External Task

Unit 4 – Sports Leadership

OPTIONAL/ 60 credits

Internal assessment

Examination Board:

Edexcel BTEC Nationals in Sport

Assessment Structure:

Unit 1:

External assessment paper

•1 hour and 30 minutes

•90 marks

Section A – The Skeletal System

Section B – The Muscular System

Section C – The Respiratory System

Section D – The Cardiovascular System

Section E – Energy Systems

Section F – Interrelationship between systems

Unit 2:

External Task – planned/ prepared for in school but marked externally.

Unit 3 & 4:

Tasks set and marked by staff in school.

External tasks to take place in January and May/ June

There is no controlled assessment or coursework.

Subject specific websites to support revision and independent learning:

www.tutor2u.net

<http://www.s-cool.co.uk/a-level/business-studies>

www.bbc.co.uk/news/business

<https://revisionworld.com/a2-level-level-revision/business-studies-level-revision>

<http://www.aqa.org.uk/subjects/business-subjects/as-and-a-level/business-7131-7132>

<https://www.theguardian.com/uk/business>

Recommended subject guides:**UNIT 1****Text Books**

Adams M et al, BTEC Level 3 National Sport Book 1, Pearson, 2010 ISBN 9781846906510

Adams M et al, BTEC Level 3 National Sport Book 2, Pearson, 2010 ISBN 9781846906503

Adams M et al, BTEC Level 3 National Sport Teaching Resource Pack (Second Edition), Pearson, 2010 ISBN 9781846906541

Howley ET and Franks BD, Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers, 2003 ISBN 9780736042109

Marieb EN and Hoehn K, Human Anatomy & Physiology (10th Edition), Pearson, 2015 ISBN 9781292097060

Palastanga N, Soames RW and Field D, Anatomy and Human Movement: Structure and Function (Fifth Edition), Butterworth-Heinemann, 2006 ISBN 9780750688147

Sharkey BJ and Gaskill SE, Fitness & Health (Sixth Edition), Human Kinetics Publishers, 2006 ISBN 9780736056144

Stafford-Brown J, Rea S and Chance J, BTEC National Sport and Exercise Science (Second Edition), Hodder Education, 2007 ISBN 9780340939512

Tortora GJ and Derrickson BH, Principles of Anatomy and Physiology (12th Edition), John Wiley & Sons, 2008 ISBN 9780470233474

Websites

www.1st4sport.com – Coachwise

www.acsm.org – American College of Sports Medicine

www.bases.org.uk – The British Association of Sport and Exercise Sciences

www.heart.org – American Heart Association

www.humankinetics.com – Human Kinetics

www.nhs.uk – National Health Service

www.sportsci.org – Sport Science

www.sportscoachuk.org – Sports Coach UK

www.topendsports.com – Topend Sports

UNIT 2

Text Books

Adams M et al, BTEC Level 3 National Sport Book 1, Pearson, 2010 ISBN 9781846906510

Adams M et al, BTEC Level 3 National Sport Book 2, Pearson, 2010 ISBN 9781846906503

Adams M et al, BTEC Level 3 National Sport Teaching Resource Pack (Second Edition), Pearson, 2010 ISBN 9781846906541

Howley ET and Franks BD, Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers, 2003 ISBN 9780736042109

Sharkey BJ and Gaskil SE, Fitness and Health (Sixth Edition), Human Kinetics Publishers, 2006 ISBN 9780736056144

Websites

www.acsm.org – American College of Sports Medicine – health, fitness and nutrition articles

www.bbc.co.uk – BBC – healthy living

www.bhf.org.uk – British Heart Foundation – health, lifestyle, nutrition, hydration, heart disease, exercise, food labelling, questionnaires, smoking

www.brianmac.co.uk – BrianMac – sports drinks, fitness testing, training, programming

www.bupa.co.uk – BUPA – benefits of exercise, children and exercise

www.doh.gov.uk – Department of Health – obesity, healthy eating, initiatives, factsheets for government recommendations for physical activity (various age groups)

www.drinkaware.co.uk – Drinkaware – health effects and issues, facts, sevenday calculator

www.food4life.org.uk – Food4life – eatwell plate, food groups

www.livestrong.com – Livestrong – effects of poor nutrition

www.macmillan.org.uk – Macmillan – benefits of exercise, maintaining a healthy lifestyle and getting active

www.nhs.uk – NHS – physical activity guidelines for all ages, health benefits, activity levels, sedentary lifestyles and strategies, balanced diet, eatwell plate, smoking

www.nhs.uk/change4life – Change4Life – eat well, balanced diet, alcohol, strategies

www.topendsports.com – Topend Sports – a range of resources on fitness testing, fitness training and nutrition

www.who.int – The World Health Organization – health topics

UNIT 3

Text Books

Auld C, Cuskelly G and Hoye R, Working with Volunteers in Sport, Routledge, 2006 ISBN 9780415384537

Corfield R, Preparing the Perfect CV, Kogan Page, 2006 ISBN 9780749448554

Corfield R, Successful Interview Skills, Kogan Page, 2006 ISBN 9780749445089

Corfield R, The Perfect Job Application, Kogan Page, 2007 ISBN 9780749450229

Dixon B, Jobs and Careers after A Levels, Lifetime Publishing, 2007 ISBN 9781904979210

Dixon B, Sport and Fitness Uncovered, Trotman, 2007 ISBN 9781844551217

Dransfield R et al, BTEC National Business, Heinemann, 2007 ISBN 9780435454494

Furlong C, Careers in Sport, Kogan Page, 2005 ISBN 9780749442484

Masters J, Working in Sport: How to Find a Sports Related Job in the UK or Abroad, How to Books, 2008 ISBN 9780749442484

Nutall CJ, Edexcel GCSE Business Studies, Cambridge University Press, 2001 ISBN 9780521003643

Websites

www.fsb.org.uk – Federation of Small Businesses

www.prospects.ac.uk – Prospects

www.sportengland.org – Sport England

www.statistics.gov.uk – UK National Statistics

Websites for careers in sport

www.careers-in-sport.co.uk – Careers in sport

www.exercisecareers.com – Exercise Careers
www.jobsinsports.com – Jobs in sports
www.leisurejobs.net – Leisure Jobs UK
www.leisureopportunities.co.uk – Leisure Opportunities
www.sportscareers.co.uk – Sports careers
www.totaljobs.com – Total Jobs
www.uk sport.gov.uk/jobs – UK Sport

Websites for personal skills auditing

www.brunel.ac.uk – Traffic lights skills audit
www.exeter.ac.uk – Personal and key skills audit
www.hull.ac.uk – Skills audit
www.tress-tress.com – Sample personal skills audit

UNIT 4

Text Books

Dorfman HA, Coaching the Mental Game: Leadership Philosophies and Strategies for Peak Performance in Sports and Everyday Life, Taylor Trade Publishing, 2005 ISBN 9781589792586

Edginton C et al, Leadership for Recreation and Leisure Programs and Settings (Second Edition), Sagamore Publishing, 1999 ISBN 9781571674371

Hellison D and Martinek T, Youth Leadership in Sport and Physical Education, Palgrave Macmillan, 2009 ISBN 9780230612365

Martens R, Successful Coaching (Third Revised Edition), Human Kinetics Publishers, 2004 ISBN 9780736040129

Rhodes R and Hayward S, Basic Coaching Skills: Building Leadership in Youth Sports. Based on the National Standard for Athletic Coaches, American Coaching Institute, 2000 ISBN 9780967794105

Websites

www.hse.gov.uk/pubns/indg163.pdf – Health and Safety Executive

www.britishcycling.org.uk – British Cycling

www.british-gymnastics.org.uk – British Gymnastics

www.britishswimming.org – Amateur Swimming Association

www.englishbasketball.co.uk – English Basketball Association

www.lta.org.uk – The Lawn Tennis Association

www.olympics.org.uk – The British Olympic Association

www.rfu.com – The Rugby Football Union

www.sportscoachuk.org/ – Sports Coach UK

www.sportsleaders.org/ – Sports Leaders

www.thefa.com – The Football Association

www.ukathletics.net – UK Athletics

www.uk sport.gov.uk – UK Sport

www.youthsporttrust.org/how-we-can-help/programmes/youngambassadors.aspx – Youth Sport Trust

Additional Information:

For practical lessons you will be required to purchase a black Smestow T-shirt and wear black shorts with white socks and trainers. You must change for practical lessons and not come to school wearing PE kit.

Independent home learning

You will be required to undertake a significant amount of preparation at home. You should be doing about 5 hours additional work. Work will be set in the form of preparation tasks as well as consolidation tasks.

