

Physical Education at Norbury High

Key Stage 5- Pearson BTEC Level 3 National Extended Certificate in Sport

Overview

The Pearson BTEC Level 3 National Extended Certificate in Sport is a partially practical qualification designed for students who are passionate about sport, fitness, and physical activity. Equivalent to one A Level, this course combines theory with real-world application, helping students develop the skills and knowledge needed for further study or a career in the sports industry.

Year 12

Students will complete:

- **Unit 1: Anatomy and Physiology** – Explore how the body's systems work together during exercise and training.
- **Unit 2: Fitness Training and Programming for Health, Sport and Well-being** – Learn how to design and deliver effective fitness programmes to meet individual needs.

Year 13

Students will complete:

- **Unit 3: Professional Development in the Sports Industry** – Develop the skills and understanding needed to pursue a career in sport.
- **Unit 4: Sports Leadership** – Gain practical experience in planning, leading, and evaluating sports activities.
- **Unit 6: Sports Psychology** – Discover how psychology influences performance, motivation, and behaviour in sport.

This course is ideal for students aiming to progress to university degrees in sport-related subjects or move directly into employment within the sport, fitness, or leisure industries.

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Unit number	Unit title	GLH	Type	How assessed
Mandatory units – learners complete and achieve all units				
1	Anatomy and Physiology	120	Mandatory	External
2	Fitness Training and Programming for Health, Sport and Well-being	120	Mandatory and Synoptic	External
3	Professional Development in the Sports Industry	60	Mandatory	Internal
4	Sports Leadership	60	Optional	Internal
6	Sports Psychology	60	Optional	Internal