

Revision Guide

Pearson BTEC Level 3 National Extended Certificate in Sport



Sport

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Pearson BTEC Level 3 National Extended Certificate in Sport

Revision Booklet

Specification

The topics you need to learn are as follows

- 1) Anatomy and Physiology
- 2) Fitness Training and Programming for Health, Sport and Well-being.
- 3) Professional development in the Sports Industry
- 4) Application of Fitness Testing

For a complete list of the requirements for each topic click on the link below.

<http://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html>

Examinations

Unit	Type	Availability
Unit 1: Anatomy and Physiology	<ul style="list-style-type: none">• Written examination set and marked by Pearson.• 1.5 hours.• 90 marks.	Jan and May/June First assessment May/June 2
Unit 2: Fitness Training and Programming for Health, Sport and Well-being	<ul style="list-style-type: none">• A task set and marked by Pearson and completed under supervised conditions.• In Part A, learners will be given a case study one week before a supervised assessment period in order to carry out preparation.• In Part B, the supervised assessment period is 2.5 hours as timetabled by Pearson.• Written submission.• 60 marks.	Dec/Jan and May/June First assessment May/June

Synoptic assessment

The mandatory synoptic unit requires you to apply learning from across the qualification to the completion of a defined vocational task.

For Unit 2: Fitness Training and Programming for Health, Sport and Well-being, you will interpret lifestyle factors and health screening data to develop and justify a fitness training programme and nutritional advice for a client. You will complete the task using knowledge and understanding from

your studies of the sector and apply both transferable and specialist knowledge and skills.
Unit 3 Professional Development in the Sports Industry and Unit 5 Application of Fitness Testing are both internally assessed units, therefore assignments are all coursework based.

Assessment Objectives and Weightings

Unit 1 Anatomy and Physiology (Externally assessed)

Assessment outcomes

AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system

Command words: describe, give, identify, name, state

Marks: ranges from 1 to 5 marks

AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance

Command words: describe, explain, give, name, state

Marks: ranges from 1 to 5 marks

AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system

Command words: analyse, assess

Marks: 6 marks

AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements

Command words: assess, evaluate

Marks: 6 marks

AO5 Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems

Command words: analyse, assess, discuss, evaluate, to what extent

Marks: 8 marks

Unit 2 Fitness Training and Programming for Health, Sport and Well-being (Externally assessed)

Assessment outcomes

AO1 Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being

AO2 Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals

AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests

AO4 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved

AO5 Be able to develop a fitness training programme with appropriate justification

Unit 3 Professional Development in the Sports Industry (Internally assessed)

Assessment outcomes

A Understand the career and job opportunities in the sports industry;

A1 Scope and provision of the sports industry

A2 Careers and jobs in the sports industry

A3 Professional training routes, legislation, skills in the sports industry

A4 Sources of continuing professional development (CPD)

B Explore own skills using a skills audit to inform a career development action plan;

B1 Personal skills audit for potential careers

B2 Planning personal development towards a career in the sports industry

B3 Maintaining a personal portfolio/record of achievement and experience

C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway;

C1 Job applications

C2 Interviews and selected career pathway-specific skills

D Reflect on the recruitment and selection process and your individual performance;

D1 Review and evaluation

D2 Updated SWOT and action plan

Unit 5 Application of Fitness Testing (Internally assessed)

Assessment outcomes

A Understand the principles of fitness testing;

A1 Validity of fitness tests

A2 Reliability of fitness tests

A3 Practicality and suitability of fitness tests

A4 Ethical issues associated with fitness screening

B Explore fitness tests for different components of fitness;

B1 Fitness tests to assess components of physical fitness

B2 Fitness tests to assess components of skill-related fitness

B3 Planning of tests

B4 Administration of test

C Undertake evaluation and feedback of fitness test results;

C1 Produce a fitness profile for a selected sports performer

C2 Providing feedback to a selected sports performer

Revision Strategies

Use these sentence starters in your revision to develop your marks for ANALYSIS

The relevance of this is...

This indicates...

This is similar/different from...

Therefore...

The implication...

Use these sentence starters in your revision to develop your marks for EVALUATION

A strength/weakness/criticism...

An argument for/against...

Alternatively...

A different interpretation is provided by...

On the other hand...

Use these sentence starters in your revision to develop your marks for JUSTIFICATION

Give reasons for...

I will provide a rationale for...

This evidence is to explain...

Use these mnemonics to help you remember methods in context

SPORT – Specificity, Progression, Overload, Reversibility, Tedium.

FITT – Frequency, Intensity, Time, Type

5'S – Strength, Speed, Suppleness, Stamina and Strength

EPOC – Excessive Post-Exercise Oxygen Consumption

OBLA – Onset of Blood Lactate Accumulation

Useful links for revision resources

- 1) Link for exam papers and mark schemes;

<https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=BTEC-Nationals>

- 2) Link for podcasts for Pearson BTEC Sport Extended Certificate;

<https://www.pearsonschoolsandfecolleges.co.uk/FEAndVocational/SportsStudies/BTEC/Level3BTECNationalSport/VideoPodcast/Video%20Podcast.aspx>

- 3) Main website for Pearson BTEC Sport Level 3 (Extended Certificate);

<http://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html>