The BTEC Sport course investigates the topics of anatomy and physiology, fitness training and programming, professional development in the sports industry, and an additional optional unit. The course provides all students with the opportunity to develop a range of skills to prepare them for the world of sport. Additional opportunities such as trips, visits and working with neighbouring primary schools will enable students to gain a wide range of experiences which will all add to any UCAS, job or training application. The course also offers opportunities to be involved in trips and excursions that broaden the students’ experience and knowledge in preparation for Higher Education or employment.

This Level 3 course would be relevant to students who are wanting to pursue any career in the sport or leisure industry, this includes professions such as sports centre management, fitness instructor, sports coaching, teacher training and physiotherapy.

Students will study four units:

**Anatomy and physiology** – which investigates the structure and function of the body systems and the relationship to real sporting examples. The energy systems will also be covered and the way in which different athletes respond and train in unique ways. This will prepare students for progression to a university course that includes a sports science element.

**Fitness training and programming** – students will have the opportunity to develop and deliver fitness programmes for their selected target audience. This includes investigating a variety of training methods.

**Professional development in the sports industry** – this unit explores the way the sports industry is organised and how this impacts on grass roots and elite level sport.

**Leadership** - Students will have the opportunity to deliver and be involved in real life leadership opportunities that will prepare them for progress in the world of sport. This is a unique opportunity on this particular course and students will also have the option of gaining a second qualification through the HSLA programme.