

The Sport and Active Leisure industry has outperformed other UK economic sectors for many years, and will continue to do so through the 2012 Olympic legacy. You will gain knowledge, skills and practical competence to compete for employment in this exciting sector through enrolling on the BTEC Level 3 Diploma in Sport. You will develop knowledge of both practical and theoretical elements of sport, through studying twelve units that encompass a wide range of knowledge relevant to today's sports industry. These will range from, 'The Physiology of Fitness', to 'Practical Team Sport', via 'Sports Coaching and Development'.

Student Profile

A successful student will need:

A strong interest in wider aspects of sport.

- A positive attitude towards self improvement in team and individual sports.
- Aware of, and keeps up to date with, current issues in sport.
- Be prepared to work and research independently using a variety of sources.

'Potential into Performance'

Building Your Future Together

Course Content

Thirteen units will be studied, eight compulsory units are:

- The Principles of Anatomy and Physiology in Sport;
- Physiology of Fitness;
- Assessing Risk in Sport;
- Fitness Training and Programming;
- Sport Coaching;
- Sport Development;
- Fitness Testing for Sport and Exercising;
- Practical Team Sport; Practical Individual Sport;

The four optional units may include: Psychology in Sport, Sports Nutrition; Sports Injuries; Sport as a Business.

Skills Gained

The ability to apply and adapt a wide range of skills and techniques effectively in different types of physical activity.

The knowledge, skills and techniques required to perform effectively in physical activities.

Develop critical evaluation skills, applying them in different sporting contexts.

The ability to analyse sports performance and plan for improvement.

The Future - What Next?

This nationally recognised qualification is gaining in popularity with post 16 students, and can lead to university, or directly into employment, which may be locally, nationally or internationally. The BTEC level 3 Diploma in Sport is recognised as an ideal course to prepare you for degree level sports qualifications offered by various universities in this country and also abroad such as USA/Canada.

Staff Contact

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