

BTEC Level 3 National Extended Diploma in Sport

Welcome to BTEC Sport Level 3 Extended Certificate at Yate Academy!

We're really excited that you've chosen to study BTEC Sport with us. This course is perfect for students who are passionate about sport, fitness, and performance—and who are interested in building a future in the sport and active leisure industry.

The BTEC Sport Level 3 Extended Certificate is designed to give you a solid foundation of knowledge, practical skills, and confidence to help you succeed—whether your goal is university, an apprenticeship, or entering the world of work in the sport sector.

Throughout the course, you'll develop both theoretical understanding and hands-on experience. You'll explore topics that relate to real-world sport and fitness environments, and you'll gain insight into how sport professionals support athletes, clients, and teams to reach their full potential.

Topics you'll study include:

- Anatomy and Physiology in Sport
- Fitness Training and Programming for Health, Sport and Well-being
- Professional Development in the Sports Industry
- Fitness Testing

You'll also learn about career pathways in the sports industry and develop key skills such as communication, organisation, and leadership—all of which will prepare you for success beyond the classroom.

By the end of the course, you'll have the knowledge and experience to move confidently into Higher Education, an apprenticeship, or employment in the sport and fitness industry.

We look forward to starting this exciting journey with you in September!

Mr Revett – Head of Sport and Health

Understanding the course:

Specification	BTEC Level 3 National Extended Certificate in Sport
Coursework Units	Unit 3 Professional Development in the Sports industry Unit 5 Fitness Testing

Yr12 Pearson – Sixth Form at Yate Academy

Exam Units	Unit 1 Anatomy and Physiology Unit 2 Fitness Training and Programming for Health, Sport and Well-being
Teachers	Mr J Maggs jmaggs@yateacademy.co.uk Mrs C Smith clsmith@yateacademy.co.uk

Course requirements

Please come prepared to your first lesson with the following materials:

- Pencil case with black pens, purple pens, highlighter, ruler
- 1 lever arch folder and dividers
- 1 blank, lined exercise book for independent study
- A diary or planner
- PE Kit (shorts, trainers, Socks, T shirt)

If you would like to buy a text book for the course you may, here are the links:



Book 1 will cover all units needed for this course. It is not a necessity to have one.

Revision Guide – only purchase if you think you may need it

Summer bridging work

This summer work will help you prepare for your first two core units:

- Unit 1: Anatomy & Physiology
- Unit 5: Fitness Testing for Health & Wellbeing

Consolidation Task:

Task – present on paper or a slide show	Time Expected	Complete
<p>Unit 1 – Anatomy and Physiology</p> <p>You'll start the course by learning how the body works to support sports performance. This summer, your goal is to build strong</p>	60mins	

<p>foundational knowledge of the key body systems, bones, muscles, and how they function during physical activity.</p> <p>□</p> <p>Task 1: Body Systems Fact File</p> <p>Create a fact file or revision booklet (handwritten, typed, or digital) that includes:</p> <ul style="list-style-type: none"> ● A. The names and functions of the following body systems: <ul style="list-style-type: none"> - Skeletal System - Muscular System - Cardiovascular System - Respiratory System <p>B. A short paragraph explaining how each system supports sports performance.</p>		
<p>Task 2: Major Bones & Muscles</p> <ul style="list-style-type: none"> ● A. Bones: Create a labelled diagram showing the location of the following major bones: <p>Cranium, clavicle, ribs, sternum, scapula Humerus, radius, ulna, carpals, metacarpals, phalanges Pelvis, vertebral column (cervical, thoracic, lumbar, sacrum, coccyx) Femur, patella, tibia, fibula, tarsals, metatarsals</p> <ul style="list-style-type: none"> ● B. Muscles: Label the following major muscles on a diagram of the human body: <p>Deltoids, biceps, triceps, wrist flexors/extensors, supinators/pronators Pectorals, abdominals, obliques, erector spinae</p> <p>Trapezius, latissimus dorsi, gluteals Quadriceps, hamstrings, hip flexors, tibialis anterior, gastrocnemius, soleus</p>	45 mins	
<p>Task 3: Muscles & Bones in Action</p> <p>Using images of sports, label the major bones and muscles used during each sporting performance.</p> <p>Suggested sports: Gymnastics, Football, Netball, 100m Sprint, High Jump, Hurdles, Swimming, Cricket, Mountain biking</p>	30 mins	

Apply Task:

<p>Unit 5 – Fitness Testing for Health & Wellbeing</p> <p>This unit teaches you how to conduct and interpret various fitness tests. Start by researching each test listed below.</p> <p>□</p> <p>Task 4: Fitness Testing Research</p> <p>Fitness Tests to Research:</p> <p>Sit and Reach Test 1 Rep Max Test Multi-Stage Fitness Test (Beep Test) 30m Sprint Test Vertical Jump Test 60-Second Press-Up Test Grip Dynamometer 7-Stage Abdominal Strength Test Stork Stand Test Trunk Rotation Test</p>	<p>1 hour</p>	
<p>Task 5: Fitness Testing Report</p> <p>Create a report that includes:</p> <ol style="list-style-type: none"> 1. 1. Test Overview: Component of fitness and purpose of each test 2. 2. Procedure/Protocol: Equipment, instructions, and safety considerations 3. 3. Normative Data Table: Include data for 16–18-year-olds, highlight your estimated category 4. 4. Validity & Reliability: Define and explain their importance 	<p>2 hours</p>	
<p>Task 6: Test Order & Justification</p> <p>List the order in which you would perform these tests and justify your decisions (considering fatigue, safety, recovery, etc.).</p>	<p>30 mins</p>	

Extension Task:

RECOMMENDED Additional Prep:

Task 7: Components of Fitness Observation

Watch at least 3 of the listed sports and record which fitness components are required to be successful. Divide your findings into two categories:

- Physical Fitness:
 - Body Composition
 - Aerobic Endurance
 - Muscular Endurance
 - Strength
 - Speed
 - Flexibility
- Skill-Related Fitness:
 - Coordination
 - Reaction Time
 - Agility
 - Power
 - Balance

Online News Articles / Journals	Before September, please read the Top End Sports Guide to Fitness Testing: https://www.topendsports.com/testing/fittest.htm
Podcast(s)	https://www.youtube.com/watch?v=ltFutvTye8c https://www.youtube.com/watch?v=B2Uxq_C14d4 https://www.youtube.com/watch?v=YPVnlPeZKT0&list=PLbSSB3KdvkRLQuEK1LiF6a5BRXsDx8_4
Online Resources(s)	http://www.brianmac.co.uk/eval.htm http://www.teachpe.com/fitness/testing.php https://www.topendsports.com/ https://www.topendsports.com/testing/guide-conduct.htm https://www.topendsports.com/testing/fittest.htm https://www.peresourcesbank.co.uk/wp-content/uploads/2017/08/Unit-5-

	<p><u>%E2%80%93Application-of-Fitness-Testing.ppt</u></p> <p><u>https://www.ptdirect.com/training-delivery/client-assessment/scheduling-selecting-and-ordering-fitness-tests</u></p>
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