



# Sports

## BTEC Level 3 Foundation Diploma

The BTEC Level 3 Foundation Diploma in Sport is the equivalent to 1.5 A Level qualifications and is suitable for students who have an enthusiasm for studying sport and improving their sporting performance. This course focuses on student progression into industry with career specific placements available in a variety of areas.

### Core units

Unit 1 - Anatomy and Physiology

Unit 2 - Fitness Training programming for Health, Sport and Well Being

Unit 3 - Professional Development in Sports Industry

Unit 4 - Sports Leadership

### Additional units

Unit 5 - Application of Fitness Testing

Unit 6 - Sports Psychology

Unit 7 - Practical Sports Performance

### How will I learn?

The course will be delivered through practical and theoretical sessions to gain a full understanding of the content covered. Relative work experience is also encouraged.

### Where can I go after the course?

Careers: Sports Coaching; PE Teaching; Sports Journalism; Fitness Instruction; Armed Forces; Leisure Management; Physiotherapy.

Further Education: Sports Science; Sport and Management; Sports Development; Sport Performance and Coaching; Sport and Education; Physiotherapy.

### Entry Requirements

Standard 6th Form entry requirements.

It is preferred that students have a minimum of a GCSE grade 5 or BTEC Merit at Level 2 in this or a related subject.

### Assessment

This qualification is assessed via an external exam, an external task and coursework. All assignments are graded as either Pass, Merit or Distinction.

