

BTEC Sport Level 3 Extended Diploma

(Development Coaching and Fitness)

Course Overview

The Sport industry is a very diverse and fast growing industry which continues to outperform the rest of the UK economy. The demand for good quality sports coaches and leaders across the diverse area of coaching, fitness instructing/testing and sports development continues to grow. With the Olympics of 2012, world cups and world championships in almost every year following 2012, the sports industry will continue to be an exciting and challenging career choice.

The National Extended Diploma is the Gold Standard for vocational education in Sport and is an excellent programme for preparing you to progress your career.

Course Structure

The course comprises Mandatory and Optional Units.

Mandatory Units include:

- Principles of Anatomy and Physiology in Sport
- The Physiology of Fitness
- Assessing Risk in Sport
- Fitness Training and Programming
- Sports Coaching
- Sports Development
- Fitness Testing for Sport & Exercise
- Practical Team Sports
- Practical Individual Sports.

Optional Units include:

- Sports Nutrition
- Current Issues in Sport

- Leadership in Sport
- Exercise, Health & Lifestyle
- Instructing Physical Activity & Exercise
- Exercise for Specific Groups
- Psychology for Sports Performance
- Sports Injuries
- Analysis of Sports Performance
- Sport & Exercise Massage.

Entry Requirements

A minimum of FIVE GCSEs at Grade C or above and the completion of the BTEC Level 3 90 Credit Diploma.

Mature students will be considered based on employment experience and references.

How Will I Learn?

Learning is delivered through theory and practical based sessions. This will involve discussion, report writing, analysis, presentations, coaching and leading practical activities and self-evaluation.

Underpinning site-based learning will include visits to sports facilities, residential visits and presentations by visiting speakers.

You will be expected to take responsibility for study outside class contact time as directed by your tutors.

- **Skills You Will Develop**
- Report writing skills
- Evaluation and analytical skills
- Presentation skills
- Coaching & Leadership skills
- Fitness programme design and assessment skills
- Self-reflection and evaluation

Benefits

- Interactive has extensive links with the local sports industry which can lead to jobs in the coaching or fitness industry
- You will have the opportunity to study a range of additional sports coaching and leadership qualifications
- We have Links with coaching employment opportunities abroad
- Our Sports Academies have highly qualified coaches to meet almost all sporting tastes
- We have Close links with professional football clubs

On successful completion of the course, you will have the ability to progress onto a Foundation Degree in Sports Coaching or Health Related Exercise and Fitness at University.

Expect Also To

- Access to ILT resources
- Use word processing packages
- Extensive sports enrichment programme
- Participate in sports tours and tournament
- Conduct yourself in a mature professional manner with a positive attitude to work at all times that reflects positively on yourself and the College.
- Achieve a range of additional sports governing body coaching qualifications.

How You Will Be Assessed

- Written assignments, coaching and leading of practical activities
- Presentations, interviews and group work
- Technical skills development
- Interviews, presentations, portfolio building and self-reflection and evaluation.

Things You May Need

- Sports clothing as recommended by Interactive Sports
- Text books