BTEC Level 2 Extended Certificate in Sport

COURSE OVERVIEW

The BTEC Level 2 Extended Certificate is a ONE year course and is equivalent to 2 GCSE's Grades A* - C. It provides you with an excellent opportunity for progression onto BTEC Level 3 Certificate, BTEC Level 3 Subsidiary Diploma, BTEC Level 3 Diploma and BTEC Level 3 Extended Diploma it can also give you the potential for employment in the Sport/Leisure industry. The BTEC Level 2 Extended Certificate develops your skills and understanding of work within a vocational context.

MODULES

You will be expected to complete the following mandatory unit;

Unit 1 - Fitness Testing and Training

and you must also complete the following units;

Unit 2 - Practical Sport

Unit 4 - Anatomy and Physiology for Sport

Unit 5 - Injury in Sport

ASSESSMENT

The BTEC Level 2 Extended Certificate in sport is a non exam course which enables you to build upon your knowledge and progress throughout the course. You will be assessed through continual evaluated assignments. These will take the form of reports, presentations, end of unit tests and practical coaching sessions.

Each unit carries an end of unit assignment that will be assessed and an overall grade will be allocated. The grades available are PASS, MERIT and DISTINCTION.

UNIT CONTENT

Unit 1- Fitness Testing and Training

This unit gives you the opportunity to explore the essential fitness requirements and training methods used to achieve successful sports performance. The unit also explores lifestyle and psychological factors and the effects these can have on sports training and performance. You will investigate your personal fitness levels by participating in a series of fitness tests.

Unit 2 - Practical Sport

The aim of this unit is to develop your knowledge of the rules, skills and techniques for the team and one individual sport through practical application.

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UNIT CONTENT

Unit 4 - Anatomy and Physiology for Sport

The aim of this unit is to give you a good understanding of the structure and function of the skeletal, muscular, cardiovascular and respiratory system of the human body.

Unit 5 - Injury in Sport

The aim of this unit is to develop your knowledge of common sports injuries and illnesses and their respective treatments. It will also consider risk assessment and its management.

PROGRESSION

Successful completion of this course could lead to studying the Level 3 Sport's qualification at any Sixth Form college or another higher education establishment.

Completion of the course may also lead to potential employment in the sports industry including sports coaching, sports retail, fitness training and sports deveopment.

Contact Sports Coach Training Global

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The Sports Global qualifications department are dedicated to providing the very best in customer care. If you need guidance on any aspect of our programs, whether at an individual or organisational level, please contact us

For information on any aspect of our qualifications contact 01204 488157, e-mail info@sctglobal.com or visit our web site www.sctglobal.com

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