

Link to exam board specification:

[BTEC Nationals | Sport \(2016\) | Pearson qualifications](#)

Course Overview

This specification is designed to encourage candidates to:

- Develop interpersonal communication skills.
- Learn to understand issues that affect personal Sport performance.
- Learn about fitness testing programmes and the nutritional value of diet.
- Investigate the work of successful coaches.
- Examine roles, responsibilities, skills and techniques to develop performance.
- Explore barriers to participation and cultural factors that affect participation.

Areas of Study

Students will learn about:

- Fitness Training and Programming for Health.
- Sport and Wellbeing.
- Professional Development in the Sports Industry.
- Sports Leadership in the First Year of Study.
- Anatomy and Physiology.

Course Requirements

Ideally, candidates would have successfully gained five passes at GCSE Grade 4 or above, including a pass grade in Cambridge Nationals Sport Science.

Where can this course take me?

This course provides opportunities for continued studies in Sport at University. Careers in exercise and fitness, coaching, sports development, delivery of outdoor activities, physiotherapy, sports medicine, sports psychology, teaching, sports journalism and working in the sports leisure industry.

Year 12

- Fitness Training and Programming in Sport.
- Professional Development in the Sports Industry.
- Sports Leadership: Fitness, Training and Programming in Sport.
- Anatomy and Physiology.

Year 13

- Physical Activity: Health and Wellbeing.
- Physical Preparation and Readiness for Sport and Physical Activity.
- Anatomy and Physiology.
- Sports Leaders.