

# How to support your child in BTEC Sport



Specification: Pearson Edexcel BTEC National Extended Certificate in Sport

# Specification and Assessment Overview

- Keep in touch with your child to know which module is being taught. It would be great to get them to teach you pieces of information to help consolidate their learning.
- Over the course of the two years students will sit two exams, one in year 12 and one in year 13. They will also complete 4 coursework units.
- Coursework units have strict deadlines for student to complete and return the work for feedback. All deadlines are shared on Microsoft TEAMS.

Unit (number and title)	Unit size (GLH)	Certificate (180 GLH)	Extended Certificate (360 GLH)
1 Anatomy and Physiology	120	M	M
2 Fitness Training and Programming for Health, Sport and Well-being	120		M
3 Professional Development in the Sports Industry	60		M
4 Sports Leadership	60		O
5 Application of Fitness Testing	60		O
6 Sports Psychology	60		O
7 Practical Sports Performance	60	M	O
8 Coaching for Performance	60		
9 Research Methods in Sport	60		
10 Sports Event Organisation	60		
11 Research Project in Sport	60		
12 Self-employment in the Sports Industry	60		
13 Instructing Gym-based Exercise	60		
14 Exercise and Circuit-based Physical Activity	60		
15 Instructing Exercise to Music	60		
16 Instructing Water-based Exercise	60		
17 Sports Injury Management	60		
18 Work Experience in Active Leisure	60		

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# Specification and Assessment Overview

- Keep in touch with your child to know which module is being taught. It would be great to get them to teach you pieces of information to help consolidate their learning.
- Over the course of the two years students will sit four exams, two in year 12 and two in year 13. They will also complete 10 coursework units.
- Coursework units have strict deadlines for student to complete and return the work for feedback. All deadlines are shared on Microsoft TEAMS.

Unit (number and title)	Extended Diploma (1080 GLH)
1 Anatomy and Physiology	M
2 Fitness Training and Programming for Health, Sport and Well-being	M
3 Professional Development in the Sports Industry	M
4 Sports Leadership	M
5 Application of Fitness Testing	O
6 Sports Psychology	O
7 Practical Sports Performance	M
8 Coaching for Performance	M
9 Research Methods in Sport	M
10 Sports Event Organisation	O
11 Research Project in Sport	O
12 Self-employment in the Sports Industry	
13 Instructing Gym-based Exercise	
14 Exercise and Circuit-based Physical Activity	
15 Instructing Exercise to Music	
16 Instructing Water-based Exercise	
17 Sports Injury Management	O
18 Work Experience in Active Leisure	O

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Unit (number and title)	Extended Diploma (1080 GLH)
19 Development and Provision of Sport and Physical Activity	M
20 Leisure Management	O
21 Leisure Centre Operations	O
22 Investigating Business in Sport and the Active Leisure Industry	M
23 Skill Acquisition in Sport	M
24 Sports Performance Analysis	O
25 Rules, Regulations and Officiating in Sport	O
26 Technical and Tactical Demands of Sport	O
27 Principles and Practices for Outdoor and Adventurous Activities	O
28 Environmental Sustainability for Outdoor and Adventurous Activities	O
29 Exercise for Specific Groups	O
30 Exercise, Health and Lifestyle	O
31 Current Issues in Sport	O
32 Sports Massage	O



# Homework

- Homework will be assigned and marked by the class teacher. This can be a mixture of exam preparation and practice questions, and independent learning for meeting coursework deadlines.
- The best help for your child would be to ensure they have a quiet space without distraction in which to focus on the tasks they are completing.
- Encourage your child to show you their homework and to tell you a bit about it – not only will you be able to see their knowledge developing, but they will consolidate their learning by teaching you about it.



# Independent study

- Students are provided with a work booklet for independent study for exams. This can be found on Microsoft Teams and should be used to guide learning outside of directed school time.
- We recommend that for every hour spent in the classroom learning, the students consolidate this with one hour of independent study time. This should focus on both the work booklet, but can also include use of mind maps, flashcards, revision apps and completing coursework to meet deadlines.



# Independent Study

- The independent study is broken into two sections:

## Coursework

### Microsoft TEAMS

Students are able to use time outside of lessons to work on their coursework. All lesson resources and assignment briefs are available to them on Microsoft Teams.

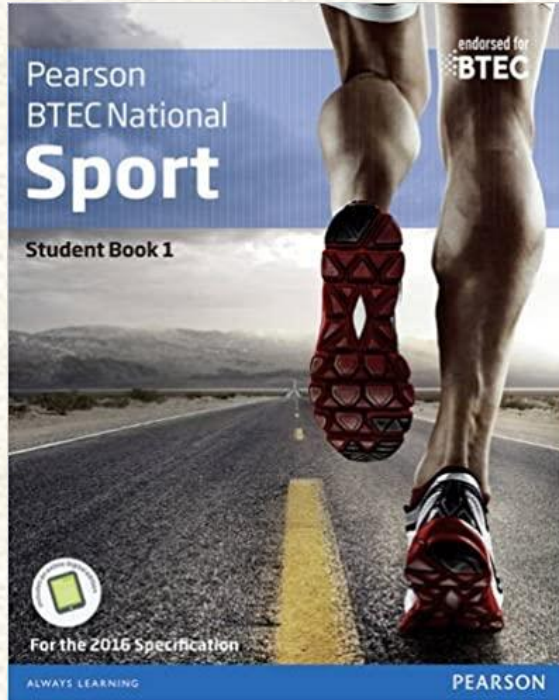
## Practice

### Exam assessment books

Practice exam questions and past papers to allow students to apply their knowledge.  
Opportunities for reflection, target setting and teacher feedback to maximise progress.



# Recommended Textbook / Revision Guides



Year 1 text book that includes all exam and coursework content for year 12. Additional revision guides are available that have practice questions and assessment for both exams. The textbook is available online in lessons.

ISBN-10	ISBN-13
1292230606	978-1292230603

You may wish to purchase a revision guide for your child to help support their learning outside their classroom.

