

# SPORT FITNESS & WELLBEING

## Sport BTEC Extended Certificate Level 2

### Study Programme Overview

you need to further your education or find employment in the sports industry.

A 'work hard play hard' ethos is expected of all students and a balanced approach to the sporting/academic demands of the programme is essential.

Engaging with employers is also an integral part of this programme – we'll seek to ensure that you have opportunities to gain real-world experience of your chosen sector.

### What You'll Learn

Topics on your Study Programme will include:

- Fitness for Sport & Exercise
- Practical Sports Performance
- The Mind & Sports Performance
- The Sports Performer in Action
- Training for Personal Fitness
- Leading Sports Activities
- Anatomy & Physiology for Sports Performance
- Lifestyle & Wellbeing
- Work Experience in Sport
- The Sports & Active Leisure Industry
- Profiling Sports Performance

Additional support in GCSE Maths or GCSE English if required.

### Elements of study

Your programme consists of the following elements:

- Study of your chosen vocational subject - 50% of your programme

- Employability skills, such as punctuality, attendance, communication and team work
- Work experience or an Industry Placement, giving you a taste of working life
- Tutorial and personal development, such as healthy living, volunteering and citizenship skills

### Entry Requirements

Two GCSEs at grade 4 or above, or a related Level 1 qualification in Sports.

### How will I be Assessed?

You will be assessed through assignments, projects, practical work and case studies.

### Pre-Professionals Programme

Working with your Learning Development Mentor (LDM), Tutors and Careers Coaches, you'll gain an insight and understanding of your sector, helping you to make important decisions about your future, whether that's university or employment.

Thanks to our partnership with the University of Bolton, you'll also benefit from everything the University has to offer, with a range of opportunities to build additional skills and experiences, giving you everything you need to become a **FUTURE SPORT & FITNESS PROFESSIONAL**, in whichever field you choose!

Exposure to employers is also an integral part of this programme – we'll seek to ensure that you have opportunities to gain real-world experience of your sector, giving you the qualifications and experience to progress!



