

BTEC Extended Certificate in Sport

(Equivalent to 1 A level)

Why study the BTEC Extended Certificate in Sport?

- The BTEC in Sport allows learners to gather a rich and diverse appreciation of a wide range of theoretical and practical knowledge in sport.
- Learners can get a real-life feel of the multi-disciplinary nature of the subject area as they constantly apply their learning to both themselves, elite performers, coaches and practical situations.
- The range of vocational assessments – both practical and written – mean that students can showcase their learning and achievements to the best effect when they take their next step, whether that is supporting applications to higher education courses or potential employers.

Why study the BTEC Extended Certificate in Sport at Solihull Sixth Form College?

- Students will have the opportunity, through a range of experiences, to interact with their peers, engage with teamwork, and develop their organisational and communication skills.
- You will be taught by a team of highly experienced staff who are passionate about their subject and have a proven track record of achieving outstanding results.
- A variety of teaching methods and learning experiences will be used ranging from classroom-based activities through to visits from specialist speakers.
- Students also have the opportunity to play within the AoC Colleges leagues in regional and national level competition by being part of the successful and highly coached teams who train and play weekly
- Studying for the Certificate allows you to choose **two** of a wide range of A level subjects alongside to support your interests and career ambitions.



Case Study

Among the recent successful learners to have taken this course is **Hayden Plaistow-Hicks**.

He came to the College from Langley School and achieved a Distinction* in his BTEC Sport course. He also got an A* in Chemistry and an A in Criminology and has progressed to Loughborough University to study Sport & Exercise Science.



“I thoroughly enjoyed spending my time studying BTEC Sport at Solihull Sixth Form College; the combination of theory and practical really helps you to challenge yourself and thrive within the subject. I particularly enjoyed the creative elements of sports, which you don’t get in many other subjects.”

Student George Balnaves



Course Outline

A BTEC Extended Certificate is a 2-year vocational course, equivalent to one A level. It is studied alongside two other A level courses. Students must also enjoy the practical elements of this course as well as being prepared for a considerable amount of theory and the regular handing-in of coursework. Students will study four units, of which three are mandatory. Two of the units are externally marked.

Mandatory Units:

- **Unit 1 - Anatomy & Physiology (external - examination):** Explore how the skeletal, muscular, Cardiovascular & Respiratory systems function and the fundamentals of the energy systems. This unit is externally marked. It is set and marked by Pearson. The examination will be one hour and 30 minutes in length.
- **Unit 2 - Fitness Training & Programming for Health, Sport and Well Being (external – supervised case study assessment):** Explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client’s health and well-being. This unit will be assessed via a case study which is released one week before the supervised assessment period. The supervised assessment period is a maximum of 2.5 hours as timetabled by Pearson. Learners will be given a task that will assess their ability to interpret lifestyle factors and health screening data from a scenario and stimulus information in order to develop and justify a fitness training programme and nutritional advice based on these interpretations. Pearson sets and marks the task.
- **Unit 3 - Professional Development in the Sports Industry (internal assessment):** This unit explores the knowledge and skills required for different career pathways in the sports industry. Students will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.
- **Unit 4 - Sports Leadership (internal assessment):** This unit covers what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.

Assessment

Internal Assessment (33 %)

External Assessment (67%)

Examining Board – Pearson.

Internal units usually consist of two or more assignments set in context by teachers. Some will involve practical activities; others will involve study and research from books, providers and the internet.

Special Entry Requirements

Standard BTEC entry requirements apply - www.solihullsf.ac.uk/courses/entry-requirements.

Prohibited Options

None.

What do our students go on to do?

The qualification carries UCAS points and is recognised by higher education providers as meeting admission requirements for many relevant specialist courses, for example:

- BSC (Hons) in Sport, Physical Education and Coaching Science, which could lead to job roles as a community sports coach or a physical education (PE) teacher for example.
- BA (Hons) in Sports Studies and Development, which could lead to job roles as a sports development officer for a National Governing Body or County Sports Partnership for example.
- BA (Hons) in Sport Development and Management, which could lead to job roles in sports management positions in Community Sports Partnerships or Sports Facilities, such as 5-a-side football centres or in National Governing Bodies for example.

Cost Implications

None

Complementary Subjects or Enrichment Courses

Students are encouraged to be involved in competitive and recreational sport.

Examination Results

Although this is a new qualification, a similar course ran previously which enjoyed high levels of achievement:

Year	Pass Rate %	Merit and above%
2024	100%	100%
2025	100%	93%

Contact

Address: Solihull Sixth Form College
Widney Manor Road, Solihull
West Midlands B91 3WR

Tel: 0121 704 2581
Email: admissions@solihullsf.ac.uk
Web: www.solihullsf.ac.uk