

## Sport Pearson BTEC Level 2 Extended Certificate

Study Mode: Full Time Programme Component | Course Level: 2

### Is this course right for me?

Enhance your sporting expertise with the Level 2 extended diploma

This qualification will develop your knowledge and understanding of sport and will provide opportunities to study areas which relate directly to the needs of employers in specific areas of the industry.

You will have the opportunity to showcase your sporting skills, have your performance analysed and receive guidance on how to improve, develop your coaching and performance analysis skills through practical activities and demonstrations, improve your personal fitness and take part in individual and team training sessions.

You will also study elements of sports psychology and the effects that sport has on mental health.

You will also complete 30 hours of work experience and attend lessons to improve your English and maths (or use the time for directed study if you already have Grade 4 or above).

You will be required to approve a college-branded sports kit which costs approximately £80 - details will be provided on acceptance to the course and financial support may be available to help with these costs.

### Entry Requirements

To access this course you are required to have:

- Four GCSE passes at Grade 3 or above, including maths and English OR
- Level 1 diploma in sport OR
- Level 2 coaching qualification

You will also be required to attend an interview with one of the college's admissions tutors to discuss your career aspirations and determine your suitability for the course.

### What will I learn?

During this course you will study the following modules:

Core

- Fitness for sport and exercise
- Practical sports performance
- Carrying out a sports-related project
- The mind and sports performance

- The sports performer in action
- Training for personal fitness
- Anatomy and physiology for sports performance

Optional modules:

- Leading sports activities internal
- Promotion and sponsorship in sport internal
- Lifestyle and well-being internal
- Injury and the sports performer internal
- Running a sports event internal
- The sport and active leisure industry internal
- Profiling sports performance

## **What skills will I gain?**

By studying this course you will:

- Develop your understanding on key anatomical structure & function
- Learn how to develop training programmes for specific groups
- Develop your confidence in dealing with work related issues
- Understand how to apply your skills to areas of the industry
- Improve your knowledge and understanding within key training principles
- Gain valuable team working and communication skills by taking part in events

## **How will I be assessed?**

Throughout the course you will be assessed in the following ways:

- Individual and group presentations
- Case studies
- Role play
- Question and answer sessions,
- Production of display materials and advertising
- Time constrained assessments
- Work-based assignments
- Practical assessments
- Production of a portfolio of evidence

## **What can I do next?**

The skills you will learn from this course will enable you to:

- Progress directly onto the first year of the Sport Level 3 Extended Diploma
- Pursue a sports-related role in a range of areas

## **Why study with us?**

Five reasons to choose us:

- Purpose-built sports centre equipped with fitness and training equipment
- Work with paying clients as part of your course
- Boost your own strength and fitness as part of your course
- Industry-recognised qualifications to impress future employers

- Experienced tutors who have worked in the industry themselves

We have an excellent success rate on this course and many of our past students have gone on to have successful careers in the sports industry.

While you are on this course you will get to take part in educational visits to fitness exhibitions and gyms and will also have the opportunity to enhance your learning by attending workshops and hearing from guest speakers

## Delivery

**Location:** Wellington Road Campus

**Start Date:** 01/09/2025

**Day:**

**Time:**

**Course Fee:**

**Course Code:** CP0164

**Study Mode:** Full Time Programme Component

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