

NATIONAL EXTENDED CERTIFICATE IN SPORT



Examination Board: EDEXCEL

Overview

This course provides a broad basis of study for the Sports sector and is designed to provide a sound basis for progression into related pathways of Higher Education, including HND and Degree level Sports courses. The National Extended Certificate is the equivalent of one A-Level.

1 External examination on Anatomy & Physiology Controlled Assessment – External Controlled Task-based on Fitness Training and Programming & Health, Sport and Well-being Coursework – 2 internal assessments – 1 in L6, 1 in U6. (Professional Development in the Sports and Practical Sports Performance)

GCSE PE? It helps but it is not a requirement.

To complete this course successfully you need to...

Work steadily

- Meet deadlines
- Revise thoroughly
- Carry out research independently
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Levels of achievement?

Pass (16 UCAS points), Merit (32 UCAS points), Distinction (48 UCAS points)

AS LEVEL

Unit	Content	Assessment
Anatomy & Physiology	Learners explore how the skeletal, muscular, cardiovascular and respiratory systems functions and the fundamentals of the energy systems.	External Exam 1 hr 30 mins 33.5% of Overall Mark
Professional Development in the Sports Industry	Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.	Internal Assessment 16.5% OF Overall Mark

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A LEVEL

Unit	Content	Assessment
Fitness Training & Programming for Health, Sport & Well-Being	Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being. To complete the assessment task within this unit, you will need to draw on your learning from across your programme. The task is based on pre-released material by BTEC. You will have time to complete background research on the task before completing the controlled assessment within the time limit.	External Controlled Assessment (task-based) 2hr 30 mins 33.5% of Overall Mark
Optional Unit	The final unit will be an optional unit selected from Sports Leadership, Application of Fitness Testing, Sports Psychology or Practical Sports Performance.	Internally Assessed 16.5% of Overall Mark

Careers

Leisure/Sports Centre Manager, Leisure/Sports Centre Assistant, Physiotherapist, Remedial Gymnast, Sports Instructor/Coach, PE Teacher, Stunt Performer, Health & Fitness Instructor, Children's Holiday Representative, Outdoor Pursuits Instructor, Army, Royal Navy Officer, Royal Navy Rating, Royal Air Force Officer, Royal Air Force Airman/woman, Royal Marines Officer, Royal Marine, Swimming Pool Attendant/Lifeguard, Police Officer, Diver, Sports Journalist, Sports Scientist, Sports Commentator, PE Instructor