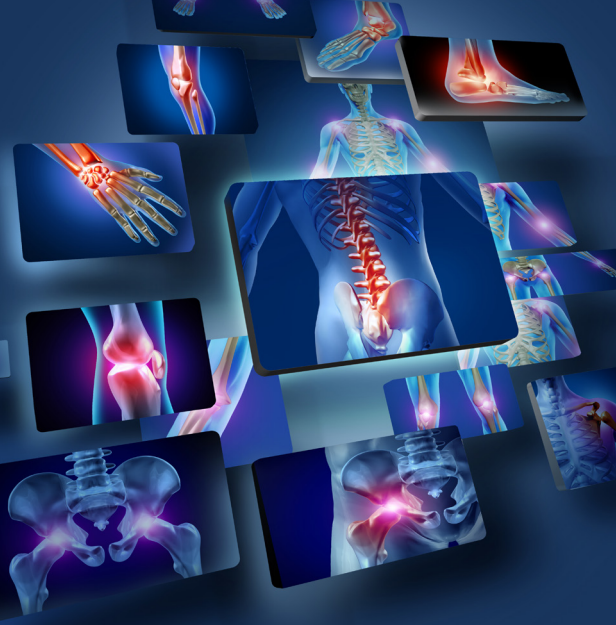


ACADEMIC

PHYSICAL EDUCATION


**ROYAL
HOSPITAL
SCHOOL**





PHYSICAL EDUCATION IN THE SIXTH FORM

At RHS we have introduced the new BTEC Level 3 National Extended Certificate in Sport.

This course provides excellent preparation for careers within the sport and fitness industry and can support entry into higher education.

Lessons will be mainly theory and,

wherever possible, the underpinning theory will also be demonstrated in a practical context. There will be a variety of assessment methods used including presentations, internal assessment tasks and external examinations.

BTEC Level 3 Nationals are an alternative to A Levels and are accepted as an entry requirement for universities and further education colleges. The course we offer is equivalent to one A Level and has pass grades of Pass, Merit, Distinction and a starred Distinction. The BTEC course will follow on naturally from GCSE PE, although it is not necessary to have studied PE at GCSE.

TO STUDY BTEC IN SPORT:

- You must be committed to the subject and be prepared to participate in physical activity, fitness testing and lead other pupils.
- You must be prepared to develop your understanding of the theoretical aspects of sport science.
- You must have the ability to self-motivate and work independently on the completion of assignments.



WHAT WILL I STUDY?

There are four units of study over the two years:

1. Anatomy and Physiology

This is a written examination with the exam board, 90 marks / 1.5 hours

- The effects of exercise and sports performance on the skeletal system, muscular system, respiratory system and the cardiovascular system
- The effects of exercise and sports performance on the energy systems

2. Fitness Training and Programming for Health, Sport and Well-being

- Understand the importance of a training programme and the methods of training available, as well as understanding nutritional needs

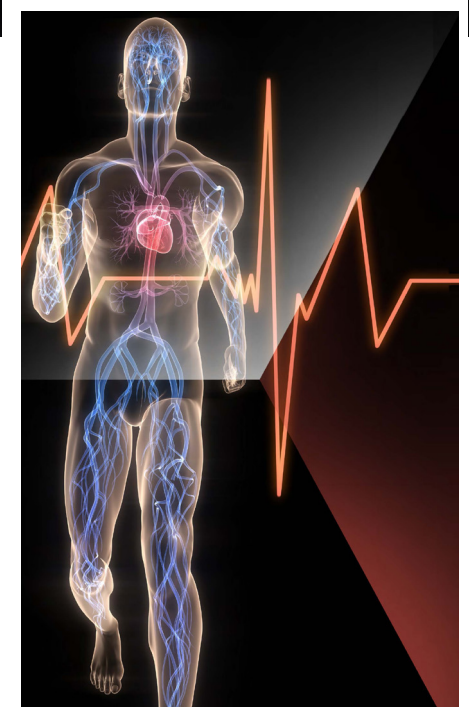
3. Professional Development in the Sports Industry

- Understand the career and job opportunities in the sports industry

4. Application of Fitness Testing

- Exploring different fitness tests available and undertake coursework based on this topic.

Pearson BTEC Level 3 National Extended Certificate in Sport (360 GLH)

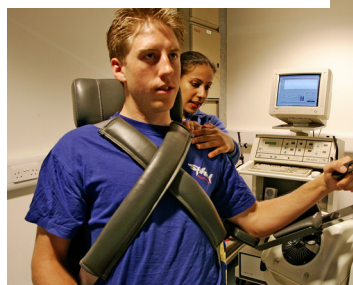


SPORTS DO NOT BUILD CHARACTER. THEY REVEAL IT.

- Heywood Broun

WHAT CAN I DO WITH MY BTEC QUALIFICATION?

A BTEC Level 3 National Extended Certificate in Sport will allow you to develop transferable and higher-order skills that are highly regarded for both further education courses and employment. Strong skills include teamwork, leadership, performance analysis, resilience, evaluation, analysis and synthesising concepts.



This qualification will support entry on to courses in a wide range of disciplines, depending on the subjects taken alongside. These can include:

- Sport Studies
- Sport Psychology
- Sport in Education and Special and Inclusive Education
- Sport and Exercise Science

For more information or if you have any questions about the BTEC specification and the options that the PE Department offer, please do not hesitate to contact Mrs Sarah Williams, Head of Academic PE

[e swilliams@royalhospitalschool.org](mailto:swilliams@royalhospitalschool.org)