

Mix it up

Sport – Level 3

What will I study?

In the first year of the course you will study a mixture of underpinning anatomical and physiological knowledge exploring the structure, function of the body's systems in response to sport and exercise. You will also develop a variety of sporting techniques and coaching skills through the study of practical sports performance. This includes team and individual sports such as basketball, volleyball, badminton and tennis.

The second year of the course involves the study of fitness training and programming for health, sport and wellbeing. You will investigate various methods of exercise and fitness tests, nutritional guidance and additional lifestyle factors such as smoking and alcohol. Further to this the broad basis of professional development in the sports industry will be studied which covers career pathways, transferable skill development and continued professional development planning

Entry requirements

5 GCSE at grade 5 or above including English Language and Maths

What Equipment will I need?

Sports kit



How will I be assessed?

| | | |
|--------|--------------------------|---------------------|
| Unit 1 | Anatomy | External exam |
| Unit 2 | Fitness training | External Exam |
| Unit 3 | Professional development | Internal assignment |
| Unit 4 | Practical sports | Internal assignment |

Work placement:

You will be offered the opportunity to secure at least 10 days of meaningful work experience during the course. This is an important aspect of the course and will help to develop your skills to get a job or progress to university. Work placements can include, but are not limited to:

- PE department in schools
- Gyms
- Sport teams (coaching)
- Leisure centres
- Summer schools
- NHS



Careers in sport

Fitness

- Fitness Facilities Manager
- Gym Instructor
- Group Exercise Instructor
- Personal Trainer

Teaching

- Primary teaching
- PE teaching

Development

- Sports Development Manager
- Sports Development Officer

Management Roles

- Fitness/Gym Manager
- Leisure Manager
- Director/Head of Centre

Business Roles

- Sports Agent
- Sports Marketing
- Sports Journalist
- Social Media Influencer
- Sports Lawyer

Leisure

- Swimming teacher
- Leisure Centre Manager
- Receptionist
- Recreation Assistant
- Lifeguard
- Team Leader

Wellbeing

- Community Health Officer
- Pilates, Yoga or Tai Chi instructor

Elite sport

- Athlete
 - Sponsorship
 - Influencer
- Sports Analyst
- Sports Scientist
- Physiotherapist
- Sports Scientist
- Sports Nutritionist

Outdoor

- Outdoor Activities Instructor
- Assistant Activity Leader
- Outdoor Centre Manager
- Mountain Leader
- Outdoor Event Organiser