

# BTEC Level 3 Extended Diploma in Sport – Rugby Specific



## Where do I start from?

This course is the equivalent to studying three A Levels. A minimum Grade 4 is required in at least four GCSE subjects in order to study this course. In addition, a minimum of a Grade 4 is required in either English Language or English Literature. This course will be tailored for delivery through rugby so it is expected that an individual will have a significant interest in this sport including playing at a strong level.

Both Internal and External students should speak to Mr Beaumont (PE Department) at the school prior to submitting an application for this course.

## What will I study?

The following units will be studied:

Anatomy & Physiology  
Fitness Training & Programming for Health, Sport & Well-being  
Professional Development in the Sports Industry  
Sports Leadership  
Application of Fitness Testing  
Practical Sports Performance  
Coaching for Performance  
Research Methods in Sport  
Development and provision of sport and physical activity  
Skill Acquisition in sport  
Sport Event Organisation  
Sport Performance Analysis  
Rules, Regulations & Officiating in Sport  
Technical & Tactical Demands of Sport

## How will I be assessed?

Most units are assessed internally. Learners could be given opportunities to:

- write up the findings of their own research
- present on independent research
- lead practical sessions
- use case studies to explore complex or unfamiliar situations
- carry out projects for which they have choice over the direction and outcomes

There are also externally examined units.

## How will I study?

Lessons will vary in style using workshops, presentation and investigative techniques. Practical sessions will focus on technical and tactical skills, leadership and coaching of rugby, fitness training and developing your performance.

You will be put into study groups and will be expected to meet once a week to complete a variety of tasks in order to prepare for lessons, group work or assessments.

It is imperative that students use their own time profitably. For each hour of lesson time you should be spending at least 1-1½ hours working on your own.

## Where can this qualification take me?

The qualification carries UCAS points and is recognised by higher education providers as meeting, or contributing to, admission requirements for many relevant courses. Learners can progress to higher education on full degree single or combined courses, for example:

- BA (Hons) in Sports Development and Management
- BSc(Hons) in Sports Management
- BSc (Hons) Sports Business Management
- BSc (Hons ) Sport and Leisure Management
- BSc (Hons) Sports Science (Outdoor Activities)
- BSc (Hons) in Exercise, Health and Fitness
- BSc (Hons) in Sport and Exercise Psychology

Students should always check the entry requirements for degree programmes with the specific higher education providers.