

## BTEC Level 3 Foundation Diploma/Extended Diploma in Sport & Physical Activity Development



### Overview

This stimulating and challenging vocational course is for students who intend to study for a degree or follow a career in Sport and Recreation.

### What goes well with this course?

We recommend that students combine it with one or two AS or BTEC subjects: for example, AS courses in Information Technology, Media Studies, English, Psychology or Sociology.

### Progression

Studying sport at Coulsdon could lead to:

- A degree in Sports Studies, Sports Therapy, Sports Science, Exercise

Science, Sports Management or Sports Coaching and PE teaching

- Careers within the Fitness Training Industry, Leisure Centres, Sports Development and Coaching are also popular

### Course Content

Students will explore topics such as the Anatomy & Physiology of Fitness, Sports Leadership, Psychology of Sport and Coaching for Performance.

Learning is largely theory based, linking the subject areas to current and relevant practical sporting settings. Students will acquire knowledge via staff, individual and group research, visiting speakers, assessing elite performers and personal experience.

### Educational Experiences

#### Course Specific Trips, Visits & Experiences

The College offers a number of educational experiences each year to enable students to contextualise their learning. These experiences include visiting speakers, an assault course, a stadium tour, a team-building paintball experience and a visit to university sports science labs.

Any full time student at Coulsdon Sixth Form College can apply to join one of the College's Football Academies, run by Redhill Football Club or Fulham Football Club. The Academies allow students to fulfill their sporting aspirations, with the hope of developing a career in football, either through playing, coaching or officiating.

The Academy offers students:

- Elite coaching, with highly trained coaches
- Guidance and knowledge on developing individual fitness programmes
- Access to the College Fitness Suite
- Advice on nutrition and healthy living
- The chance to play in National competitions
- Coaching and officiating qualifications
- Opportunities to play and coach at Redhill Football Club or Fulham Football Club

In addition to the Football Academy there are many other opportunities for students to develop their sporting

proWess. A variety of external coaches are employed to lead sport-specific training sessions and a new strength and conditioning programme designed to develop physical literacy 'ABC' was launched in September 2014. The College has excellent links with a variety of local sports clubs.

### Assessment

The course is assessed through coursework and a written exam. There are fifteen units including one written exam and one externally written assignment. Other units are assessed through assignments, presentations and practical assessments.

The exam board for this course is Pearson BTEC.

### Entry Requirements

4 grades A\* - C at GCSE plus English minimum Grade 3 and Maths minimum Grade 2 or equivalent qualifications (a Merit or higher at BTEC Level 2 is accepted as part of the 4 A\* - C GCSEs). Practical sporting ability is required.

Students should have a genuine interest in sport as much of the course will involve linking the theory learnt through sporting examples. Students will not be directly assessed on their sporting ability. However, there are practical elements of the course that require students to be motivated, enthusiastic and able to regularly participate in practical lessons and able to consistently meet coursework deadlines.

Students should be willing to take part in practical activities and be able to work with others.

Placehouse Lane, Old Coulsdon, Surrey CR5 1YA  
Tel 01737 551176 Fax 01737 551282  
admissions@coulsdon.ac.uk  
Correct at time of printing.  
See [www.coulsdon.ac.uk](http://www.coulsdon.ac.uk) for latest information.