

## Curriculum Summary – BTEC Level 3 National Extended Diploma in Sport

2025-26

Unit	Title	Topics Covered	Skills / Learning Outcomes	Assessment
Unit 1	Anatomy and Physiology	Skeletal, muscular, cardiovascular, respiratory, energy systems	Understanding body systems, analysing effects of exercise	External Exam (1.5h)
Unit 2	Fitness Training & Programming	Client screening, lifestyle assessment, fitness training methods	Programme design, nutritional planning, case study analysis	External Supervised Task (2.5h)
Unit 3	Professional Development	Career pathways, skills audits, applications	Career planning, interviews, self-evaluation	Internal Assessment
Unit 4	Sports Leadership	Leadership roles, qualities, skills, psychology	Leading teams, applying leadership styles	Internal Assessment
Unit 5	Application of Fitness Testing	Fitness test principles, administration, evaluation	Conducting tests, interpreting data	Internal Assessment
Unit 6	Sports Psychology	Motivation, confidence, anxiety, group dynamics	Applying psychological principles to performance	Internal Assessment

Unit 7	Practical Sports Performance	Technical & tactical skills in two sports	Performance analysis, applying rules/tactics	Internal Assessment
Unit 8	Coaching for Performance	Coaching roles, planning & delivering sessions	Designing and reviewing coaching plans	Internal Assessment
Unit 9	Research Methods in Sport	Research design, ethics, methods, data handling	Conducting and analysing research	Internal Assessment
Unit 10	Sports Event Organisation	Planning, running, reviewing sports events	Event management, teamwork, evaluation	Internal Assessment
Unit 19	Development & Provision of Sport	Structures, policies, initiatives, barriers	Evaluating provision and participation	External Task
Unit 22	Investigating Business in Sport	Business models, finance, marketing	Applying business analysis to case studies	External Task
Unit 23	Skill Acquisition in Sport	Learning theories, feedback, practice methods	Improving sports performance skills	Internal Assessment
Unit 30	Exercise, Health & Lifestyle	Lifestyle factors, screening, behaviour change	Designing lifestyle improvement plans	Internal Assessment