

# BTEC WORKS FOR SPORT

Do you enjoy being active, keeping fit, learning about wellness or coaching others? Would you like to have a career in sports, physical activity or nutrition?

Studying a BTEC in Sport is a great way to learn about working in the sport and physical activity sector. There are so many careers involved in sport – sports coach, sports therapist and sports psychologist, to name a few.

On BTEC Sport courses you'll learn in and outside the classroom, getting to grips with the theory behind sport as well as getting involved in playing it. This will give you a well-rounded understanding of the subject, whilst also providing a unique platform to explore and nurture a whole range of transferable skills for yourself and your career.

## What kind of career can I go into?

Here are some of the careers a BTEC in Sport could lead to:

- Personal Trainer/Fitness Instructor
- Nutritionist
- Psychologist
- Sports Analyst
- Sports Media
- Leisure Manager
- Sports Coach
- Outdoor Activities Instructor
- Sports Development
- Lifestyle Advisor
- Sports Therapy
- Sports Event Management

## Units at a glance

If you choose to study a BTEC in Sport, you could study units such as\*:

### Level 2

- Preparing Participants to Take Part in Sport and Physical Activity
- Taking Part and Improving Other Participants' Sporting Performance
- Developing Fitness to Improve Other
- Participants' Performance in Sport and Physical Activity

### Level 3

- Self-employment in Sport and Physical Activity
- Functional Anatomy
- Personal Skills Development in Outdoor Activities
- Health, Wellbeing and Sport
- Ethical and Current Issues in Sport
- Developing Coaching Skills

### Level 4 and Level 5

- Sports Coaching
- Sports Event Management
- Sports Entrepreneurship
- Nutrition
- Biomechanics
- Exercise Physiology

\* This is just a selection of the full range of units. Some units are optional and vary depending which qualification size you pick.

## Megan Piechowiak

### Studied

BTEC International Level 3 in Sport, Jumeirah English Speaking School.

### Course highlights

Building on technical understanding of the subject as well as gaining valuable practical experience of skills, knowledge and behaviours.


### Next Steps

Megan is starting a university course and hopes to pursue a career in the sports industry.



The top 5 skills employers look for that you'll learn on this BTEC course:

 Communication and reflection

 Decision-making + problem solving

 Teamwork

 Organisation

 Leadership