

BTEC Level 3 Extended Diploma Sport (Outdoor Adventure)



This course combines the practical and theoretical elements of the Outdoor Adventurous Activities Industry and is equivalent to three A Levels. It will prepare you for employment within the Outdoor Adventure industry or to progress on to University to study the subject at a higher level.

The course consists of 19 units of study which is made up of a number of core and specialist units.

Core Units:

- Principles of Anatomy & Physiology
- The Physiology of Fitness
- Assessing Risk
- Fitness Training & Programming
- Leadership in Sport
- Principles & Practices in Outdoor Adventure
- Equipment & Facilities for Outdoor & Adventurous Activities

Specialist Units from the following:

- Work Experience
- Impact & Sustainability in Outdoor Adventure
- Skills for Land-based Outdoor Adventurous Activities
- Skills for Water-based Outdoor Adventurous Activities
- Leading Land-based Outdoor Adventurous Activities
- Leading Water-based Outdoor Adventurous Activities
- Outdoor & Adventurous Expeditions
- Alternative Pursuits for Outdoor Adventure
- Sports Facilities & Operational Management
- Sports Coaching
- Sports Nutrition
- Exercise, Health & Lifestyle
- Organising an Event

How will I be taught / assessed?

You will be taught at Exeter College and Haven Banks Outdoor Education Centre. Lectures will be both theoretical and practical.

Assessment is all through coursework which will be set by your lecturers.

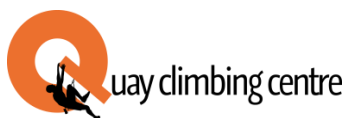
Work Experience:

You will take part in a work placement within the Outdoor Adventurous Activities Industry

Entry requirements:

You will need the personal qualities required to work in the Outdoor and Adventurous Activities Industry. Standard entry requirements are as follows: 5 GCSE's at grades 'A* - C' with a grade 'C' in GCSE English Language.

Working in partnership with



Additional qualifications;

You will be offered the opportunity to achieve the National Governing Body qualifications in a number of Outdoor Activities. An additional cost will be charged for these, the cost of which is dependent upon the National Governing Body

How much will it cost me?

Practical kit – approximately £80

Textbooks approximately £50

You will need to supply your own stationery

Additional visits – small additional charge

Residential – approximately £250

NGB Awards will be available – cost to be confirmed

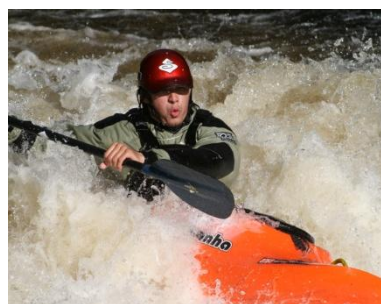
Careers and further information;

On completion of this course you may wish to progress to an appropriate course at Higher Education or enter the Outdoor Adventurous Activities Industry directly.

For further information contact;

Faculty of Sport, Leisure & Tourism 01392 205431

The subject details of this course were correct at the time of printing and may be subject to slight changes by Edexcel the awarding body



exeter college

