

# 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, fitness or nutrition?

Studying a BTEC in Sport is a great way to learn about working in the sport and fitness sector. There are so many careers involved in sport – sports coach, nutritionist 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, giving you a well-rounded understanding of the subject.



**DOMINIKA  
BZDON**

#### Studied

BTEC Level 3 Extended Diploma in Sport and Exercise Sciences, Nelson and Colne College.

#### Course highlights

Studying units in Sport and Exercise Psychology; Exercise, Health and Lifestyle; and Sports Coaching.

#### Next Steps

To study Sports Coaching at university, followed by a PGCE, allowing Dominika to become a PE teacher.

## 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

## Units at a glance

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

### Level 2

- Management and rehabilitation of common sporting injuries
- Improving nutrition for sport and activity
- Fitness for Sport and Exercise
- The Mind and Sports Performance
- Leading Sports Activities

### Level 3

- Practical Sports Performance
- Functional Anatomy
- Personal Skills Development in Outdoor Activities
- Health, Wellbeing and Sport
- Professional Sports Performer
- Developing Coaching Skills

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

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



Communication



Decision  
Making



Teamwork



Organisation



Leadership



Want to find out more about BTECs in Sport?  
Learn more at [btecworks.com/sport](https://www.btecworks.com/sport)