

Sport, Fitness Instructing and Personal Training

BTEC International Level 3 qualification in Sport

A world class education partnership with Liverpool Football Club and Pearson that opens doors to career opportunities in the global sports industry.

This ground-breaking partnership draws on the sporting and education success of Liverpool Football Club and over 170 years of Pearson's education expertise and learner success with BTEC International qualifications.

The qualification products and resources aim to elevate sport, fitness instructing and personal training education around the world and transform the learning experience for young people and adults returning to education who want to gain a high-quality qualification and aspire to careers in the global sports and fitness industry.

Available sizes?

Title	Size
Pearson BTEC International Level 3 Foundation Diploma in Sport and Fitness Instructing	540 taught hours. Equivalent in size to 1.5 International A Levels
Pearson BTEC International Level 3 Diploma in Sport, Fitness Instructing and Personal Training	720 taught hours. Equivalent in size to two International A Levels
Pearson BTEC International Level 3 Extended Diploma in Sport, Fitness Instructing and Personal Training	1080 taught hours. Equivalent in size to three International A Levels

What does the qualification cover?

The qualification content has been designed in consultation with employers, professional bodies and higher-education providers to ensure that the content is appropriate for the progression routes identified. All learners will be required to take mandatory content that is directly relevant to progression routes in all of the identified areas. In addition, learners can take optional units that support the progression route identified in the qualification title.

Learners looking to follow a fitness or personal training route could take units such as:

- Exercise and Fitness Skills Development
- Anatomy and Physiology for Exercise and Physical Activity
- Business and Technology in Personal Training.

➔ [See the full unit breakdown](#)

How are they assessed?

International BTECs are internally assessed allowing for practical assignments that combine knowledge and career related skills. At least 25% of these assignments will be set by Pearson to provide additional external standardisation. Assignments are scenario based and designed to be work relevant, for example by researching and presenting information and demonstrating the skills needed for employment.

What are the progression routes?

BTECs are designed for progression into employment, such as starting their own business, and higher education.

Job roles

Gym Instructor
Personal Trainer

Higher Education

BA (Hons) in Health and Fitness
BA (Hons) in Diet, Fitness and Wellbeing

NB. Always check the entry requirements for degree programmes with specific higher education providers.

How are they recognised?

Pearson is the largest accredited awarding body in the UK. We work closely with employers, governments, and higher education institutes globally to ensure BTECs are recognised world-wide to provide more opportunities for learners to progress. Our new BTEC International Level 3 qualification in Sport is benchmarked to the UK and European Framework by NARIC (National Agency for the Recognition and Comparison of International Qualifications and Skills) on behalf of the UK Government.

For more information visit [↘ btec-intl.pearson.com/level3](https://btec-intl.pearson.com/level3)

What teaching support is available?

Our BTEC International Level 3 qualifications includes free and paid for Teacher Resources, Schemes of Work, Lesson Plans and Assessment Assignment Briefs to give teachers the confidence to deliver the programme successfully.

[↘ Find out more about our Teacher Resources](#)

What is the approval process?

To deliver the BTEC Level 3 qualification in Sport, you must apply for centre and qualification approval. This can be done by completing a [centre registration form](#) on our website. Centres will need to sign additional terms and conditions as part of this approval process.

Once approved you will be visited by one of our Standard Verifiers, and Subject Specialist who will support you by ensuring that you are assessing learners to the correct BTEC delivery standards and will continue to monitor your progress throughout the programme life cycle.

For more information, contact your local Pearson representative or email us your interest at bteciinternational@pearson.com