

**BTEC Level 3**  
Extended Diploma in  
Sport

**Outdoor  
Adventure &  
Education**

**A Proposal to  
Educational  
establishments**





## Background

Reach Outdoors is a company that provides Outdoor Education and Experiences for an array of clients across the South West of England. Our work encompasses Expedition training, Youth development, Adult adventure days, ASDAN award programmes, Duke of Edinburgh award courses and various others avenues into the Outdoors.

As a company we are now one and a half years old and are looking to broaden our services to fit with our resources that have recently grown. We have a beach front premises, a vast array of outdoor equipment, own and operate minibuses and have a dedicated team of highly experienced and qualified Outdoor Practitioners.

Our Team of 3 full time staff have a combined 25 years of experience within the Outdoor Industry. We have worked in all sectors, in many countries, with every client imaginable and have recently established a highly successful Outdoor company. We believe that this, coupled with our professional qualifications, A Diploma to Teach in Life long learner Sector and enterprising spirit puts us in the best possible position to run this BTEC course in partnership with you.

## Why offer a BTEC level 3 in Outdoor Education & Adventure?

In the current economic climate and with high youth unemployment, practical, vocational further educational courses are becoming a highly valued option for school leavers. The BTEC level 3 extended diploma enables students to earn an equivalent of 3 A-levels and up to 180 UCAS points. The course is therefore a great launch pad into Higher Education courses within the sector or into employment as it also focusses on professional development and getting students work ready within the industry.

The funding available for running this course varies based on the location of the school and the nature of the students. The average amount available to Schools & Colleges is £4,000 per student per annum. We would be looking to attract between 8 – 16 students on this course. An agreement between Reach Outdoors and the Educational establishment would need to be made as to how this total amount would be divided based on the work carried out by both organisations.

Reach Outdoors are able to deliver the course in its entirety and can operate from our base at the Seashore Centre in Paignton. There may be times when a classroom will be needed for examination at the School or College. We are also able to moderate any coursework and assignments and deliver the National Governing Body Award Training that is central to the students development.

The rest of this document outlines the detail involved in running this course but to proceed further it would be essential to meet with the person at your School or College who could take this further and help to get it off the ground.

Kind regards  
Ashley Hone, Director





## Who is this course for?

This qualification would suit students who are motivated to learn new skills and step out of their comfort zones. It would suit students that are active and enjoy subjects deemed hands on and also enjoy being outdoors.

## Entry Requirements:

1. Students must have a minimum of 4 GCSEs graded A\* - C including English or alternatively a Level 2 Diploma in Sport, Outdoor Education or Public Services.
2. To be interested in a career in the outdoor industry or the public services, military or civilian?
3. Students must be committed, determined, driven and enthusiastic about the subject, with a keen interest in sport and the outdoor environment.
4. Students must have no serious problems with heights, and be able to swim a minimum of 50m.

## Course Duration:

This is a full-time course for two years 15 hours a week, spread over three days. Delivered in line with the academic year

## Location:

The course will be delivered in a range of outdoor locations in the South West at the Reach Outdoors headquarters in Paignton and a classroom on the School or College grounds

## Overview:

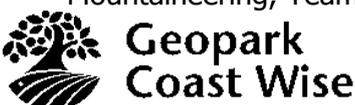
This exciting practical two year course is ideal for someone interested in building upon their knowledge to develop a career in the exciting sport and outdoor adventure industries.

Students will study a wide range of subjects associated with sport and outdoor adventure involving 18 units, including land and water-based activities, as well as principles of anatomy and physiology, coaching and environment studies and fitness training and programming.

During this course you will be required to undertake a work placement in the second year. In addition to the main qualification, students will have the opportunity to work towards personal National Governing Body awards, as well as being able to progress on to study towards a Foundation Degree in Sport (or other close relating subject) at College or University.

## What will the course cover/ course content:

Students will study 9 units each year, a total of 18 units. These units will all have a different focus, but will all relate to the outdoor industry. There will be practical units where students will be expected to take part in various outdoor activities to gain experience in the following: Rock climbing, Abseiling, Kayaking, Sailing, Coasteering, Bushcraft and Survival skills, Mountaineering, Team building, Mountain biking, Camp craft, Gorge scrambling, Archery and





Hill walking. This will all be backed up with classroom based work where areas such as the history of outdoor education, the impact that this has had on the society of today, leadership and the realms of health and safety that must be considered when leading groups. Students will also be expected to improve their own practical skill outside of College time and will have to attend a number of compulsory residential trips to varying UK destinations.

The course consists of the following modules:

**Year one:**

- Skills for land-based activities
- Skills for water-based activities
- Assessing risk in sport
- Principles of anatomy and physiology in sport
- The physiology of fitness
- Leadership in sport
- Sports nutrition
- Equipment and facilities for outdoor and adventurous activities
- Principles and practices in outdoor education

**Year two:**

- Leading land-based outdoor and adventurous activities
- Leading water-based outdoor and adventurous activities
- Environmental education for outdoor adventure
- Impact and sustainability in outdoor adventure
- Fitness training and programming
- Sport as a business
- Research investigation in sport and exercise sciences
- Alternative pursuits for outdoor adventure
- Outdoor and adventurous expeditions

Other topic areas covered will be Current Issues in Sport, Sports Coaching, Sports Injuries, History of Sport, Effects on society and the environment and Organising Sports Events.

In addition, you will complete work experience in the second year. There will be several opportunities for students to gain additional qualifications during the course, which may involve examinations and some cost. This would depend on the class desires, drive, and motivation to prepare for these outside of class time. These further qualifications could include: First Aid Certificate, the Basic Expedition Leaders Award, the Sports Leaders award and the Duke of Edinburgh Award, as well as Governing Body Awards such as those offered by the United Kingdom Mountain Training Board, the British Canoe Union, the British Orienteering Foundation, and the Royal Yachting Association for sailing and power boating. Students can also look in to achieving their Football Coaching Level 1, Rugby Coaching Level 1, Substance Misuse Level 1, and Level 2 in Gym Instruction.





### **The course is delivered as follows:**

Students will learn through a balanced range of studies, combining practical skills with theoretical knowledge. Learning methods will include formal lectures, guest speakers, library and computer research sessions, practical sessions and outside visits. Students will also have the chance to go on trips and expeditions.

This exceptional course demands personal engagement in a great deal of activity, both in and out of the classroom. In order to achieve the many outcomes, students must be personally organised and committed. They will need to be determined and willing to dedicate personal time to the completion of their work.

### **How will Students be Assessed?:**

Students should be very aware that this course is theory-based, and should remember that as there are no exams at the end, the assignments and coursework demands can be quite intense at times. These will consist of written essays, presentations, group discussion, practical observation and poster production. This BTEC is not a soft option - students need to be fully committed to succeed on this course!

### **What Qualifications will I gain from the course?:**

EdExcel BTEC Level 3 Extended Diploma in Sport (Outdoor Adventure). Each unit will be graded Pass, Merit or Distinction, and the number of points gained for each unit will be totaled to give a final overall grade.

If a student does not pass all units by the end of the course, a Certificate of Achievement or Subsidiary Diploma listing the units passed and the grades gained can be issued. However, we are confident that all students accepted are capable of achieving the full award given appropriate attendance, determination and coursework submissions.

Coaching qualifications can be gained during the course. Due to the ongoing need to develop personal competency in any given discipline this will often require extracurricular input from the student.

#### Additional outcomes

- If students are looking for a practical route into Higher Education, this course gives you the equivalent of up to five A Levels, gained through a mix of academic and outdoor activities.
- You will also complete work experience, and have the opportunity to achieve a variety of personal qualifications and national governing body (NGB) awards.





### **Do Students need Special Equipment or Materials for the course?**

Students will be expected to bring the minimum equipment and clothing requirements to the course, to include; waterproofs (jacket and trousers), walking boots, wet suit boots (old trainers), rucksack, roll mat and a sleeping bag. There may well be some opportunity to apply for funding to provide some of this kit. Reach outdoors is able to provide basic equipment to students and all Health & Safety personal protective equipment.

### **What further education/ career opportunities will it open for me?**

On successful completion of the course students can progress onto a career in the outdoors or public services, or progress on to higher education to study such subjects further.

1. Sports related degrees, outdoor education related degrees such as BA (Hons) Adventure Education or Leisure Management, Foundation degree in Sport, BA (Hons) Outdoor Adventure Management, Foundation Degree in Sports Coaching
2. Teaching certificates
3. Careers: multi-activity instructor, water-sports instructor, mountain leader, ski instructor, leisure or outdoors facilities instructors, supervisors and managers. Others have been accepted into the Police, the Army and the Royal Marines.

### **Additional information:**

Work Experience is an essential part of the course; your individual interests will be taken into account, this could involve a Criminal Records Check.

In the first year there will be some residential trips. Some of which are compulsory and linked directly to grading criteria and some that are optional. There may be some additional costs involved with these residential trips.

