

# BTEC Sport

<b>Subject Leader</b>	Miss Harrison & Mr Jowitt
<b>Subject Teacher(s)</b>	Miss Harrison, Mr Jowitt, Miss Jerome and Mr Worstencroft
<b>Course Title</b>	BTEC Level 1/ Level 2 First Award in Sport (Edexcel)
<b>Website</b>	<a href="https://qualifications.pearson.com/content/dam/pdf/BTEC-Firsts/Sport/2012/Specification-and-sample-assessments/9781446936368_BTECFIRST_L12_AWARD_SPORT_Iss3.pdf">https://qualifications.pearson.com/content/dam/pdf/BTEC-Firsts/Sport/2012/Specification-and-sample-assessments/9781446936368_BTECFIRST_L12_AWARD_SPORT_Iss3.pdf</a>

## Course Overview

Students will:

- Learn about fitness for sport and exercise, delving into areas including components of fitness, principles of training, different training methods and fitness testing.
- Learn how to perform in two sports, developing knowledge and understanding of these.
- Plan, deliver and evaluate a successful coaching session.
- Develop an understanding of applying the principles of training to a fitness programme.

## Assessment

### Exam- 25%

**Unit 1: Fitness for Sport and Exercise** – Online Exam (60 Marks)

In this unit students will:

- A. know about the components of fitness and the principles of training
- B. explore different fitness training methods
- C. investigate fitness testing to determine fitness levels

### Coursework- 75%

**Unit 2: Practical Sports Performance**- Internally assessed – 25%

In this unit students will:

- A. understand the rules, regulations and scoring systems for selected sports
- B. practically demonstrate skills, techniques and tactics in selected sports
- C. be able to review sports performance

**Unit 3- Applying the Principle of Personal Training** – Internally assessed – 25%

In this unit students will:

- A. design a personal fitness training programme
- B. know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training
- C. implement a self-designed personal fitness training programme to achieve own goals and objectives
- D. review a personal fitness training programme

**Unit 6- Leading Sports Activities**- Internally assessed - 25%

In this unit students will:

- A. know the attributes associated with successful sports leadership
- B. undertake the planning and leading of sports activities
- C. review the planning and leading of sports activities

## Additional Information

BTEC Firsts in Sport can help students take their first steps towards a career in sport and fitness. They will learn essential skills such as training for personal fitness, encouraging sports participation, and organising and leading events and activities.

Students can progress onto BTEC Sport Level 3 and work towards many careers including: personal trainer, secondary school teacher, sports coach, sports development officer and sports therapist.

