



# BTEC First Award in Sport



# BTEC Level 1/Level 2 First Award in Sport



Subject Leader	<b>Miss Harrison &amp; Mr Jowitt</b>
Subject Teacher(s)	<b>Miss Harrison, Mr Jowitt, Miss Jerome and Mr Worstencroft</b>
Course Title	<b>Edexcel: BTEC Level 1/Level 2 First Award in Sport</b>
Website	<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.
- Students will learn how to perform in two sports- developing knowledge and understanding of these.
- Plan, deliver and evaluate a coaching session successfully
- 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.



# Assessment

## **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.



# Assessment

## Grading:

- Level 1 Pass
- Level 2 Pass
- Level 2 Merit
- Level 2 Distinction
- Level 2 Distinction\*



# Additional information

BTEC Firsts in Sport can help students take their first steps towards a career in sport and fitness.

Students can progress onto BTEC Sport Level 3 and work towards many careers including:

- personal trainer
- secondary school teacher
- sports coach
- sports development officer
- sports therapist.