



# BTEC Tech Award in Sport



# BTEC Level 1/Level 2 First Award in Sport



Subject Leader	<b>Miss Jerome</b>
Subject Teacher(s)	<b>Miss Harrison, Mr Jowitt, Miss Jerome and Mr Worstencroft</b>
Course Title	<b>Pearson: BTEC Tech Award in Sport</b>
Website	<a href="https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/sport/2022/specification-and-sample-assessments/60370683-BTEC-Tech-Award-Sport-2022-spec-PPD1-190721.pdf">https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/sport/2022/specification-and-sample-assessments/60370683-BTEC-Tech-Award-Sport-2022-spec-PPD1-190721.pdf</a>



# Course Overview

Students will:

- Learners will explore body systems, common sports injuries and technological advances that impact on sport and activity.
- Learners will explore how training, nutrition and psychological factors contribute to engagement in sport and activity
- Learners will study the attributes of a successful sports leader and the physical and psychological benefits for the people taking part in their sessions. Learners will then plan and lead an engaging activity session.



# Assessment

## **Component 1**

### **Preparing Participants to Take Part in Sport and Physical Activity**

Internally assessed – 30%

In this unit students will:

- A Explore types and provision of sport and physical activity for different types of participant
- B Examine equipment and technology required for participants to use when taking part in sport and physical activity
- C Be able to prepare participants to take part in sport and physical activity.

## **Component 2**

### **Taking Part and Improving Other Participants' Sporting Performance**

Internally assessed – 30%

In this unit students will:

- A Understand how different components of fitness are used in different physical activities
- B Be able to participate in sport and understand the roles and responsibilities of officials
- C Demonstrate ways to improve participants sporting techniques.



# Assessment

## Component 3

### Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity

Externally assessed - 40%

In this unit students will:

**AO1** Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

**AO2** Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

**AO3** Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

**AO4** Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise



# 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.