

# SPORT

QUALIFICATION	BTEC First Award in Sport
EXAMINING BOARD	Pearson
CONTACT TEACHER	Mr Watt
LESSONS PER FORTNIGHT	5

## What will you learn?

### Fitness for Sport & Exercise

- Know about the components of fitness & training.
- Explore different training methods.
- Investigate fitness testing to determine fitness levels.

### Practical Sports Performance

- Understand the rules, regulations and scoring systems for selected sports.
- Practically demonstrate skills, techniques and tactics in selected sports.
- Be able to review sports performance.

### Applying the Principles of Personal Training

- Plan, implement and review a personal training programme .
- Know and understand how the skeletal and muscular systems function.
- Understand the effects of exercise on the body.

### Leading Sports Activities

- Know the attributes associated with successful sports leadership.
- Undertake the planning and leading of sports activities.
- Review the planning and leading of sports activities.

## Assessment

Overview			
Unit 1	Externally assessed onscreen exam (1hr)	25%	End of Year 10 (1 resit available)
Unit 2	3 internally assessed assignments	25%	February of Year 10
Unit 3	3 internally assessed assignments	25%	February of Year 11
Unit 6	3 internally assessed assignments	25%	May of Year 11

### Unit 1

External onscreen assessment (1hr) including short answers, multiple choice answers, describe and explain longer answers.

### Units 2, 3 & 6

Internally assessed assignments including practical performance, performance analysis and evaluation, PowerPoint presentations, articles, leaflets and written reports.

## Course Overview

Students will complete 4 units which are designed to:

- Inspire and enthuse learners to consider a career in the sports and active leisure sector, rather than just to participate in sport as recreation.
- Give students the opportunity to gain a broad understanding and knowledge of, and develop skills in, the sport sector, e.g. the health and fitness industry or sports leadership.
- Support progression to a more specialised level 3 vocational or academic sport or physical education course or an apprenticeship.
- Give learners the potential opportunity to enter employment within a wide range of junior job roles across the sport and active leisure sector. Junior job roles include: recreation assistant, sports leader or assistant sports coach.

### Careers and Pathways

- Level 3 BTEC Sport/Public Services
- Sports Coaching
- Recreational Management
- Fitness Industry
- Sports Science
- Armed Forces
- Public Services

### What students say?

#### Positives:

*"There is a good mix between practical and theory. You learn plenty of new things about sports, how they work, and about the body during sports."*

#### Be aware of:

*"There will be things you understand and there will be new things that are tough to get your head around."*

#### Qualities needed to do well:

*"You will not need to be sporty to enjoy this course but it helps if you are interested in aspects of sports. You need to be able to listen to close detail and be independent."*

