

SPORT – BTEC Level 1/2 FIRST AWARD



What qualification does this course lead to?

1 GCSE, graded Level 1/2 Pass, Merit, Distinction or Distinction*

What topics will I study?

You need to be enthusiastic about sport. The subject is a lot of fun but very demanding and you must be resilient in being able to write large pieces of coursework. You must be willing and able to take part in practical sessions and also be able to meet strict deadlines in coursework assessments.

There are four units to study over the two years. They consist of:

- Unit 1 Fitness for Sport and Exercise – Principles and methods of training and fitness testing.
- Unit 2 Practical Sports Performance – Rules, regulations and sporting skills used in specific sports.
- Unit 3 Applying the Principles of Personal Training. – Training Programme Design.
- Unit 6 Leading Sports Activities – Plan, deliver and review your coaching attributes.

What understanding and skills will I develop?

How will I learn/how will I be taught?

BTECs are vocationally related qualifications where you will develop knowledge and understanding by applying your learning and skills in a work-related context. You will complete assessments taking on a variety of differing roles that could include: a sports performer, leader, coach, teacher, sports analyst, fitness instructor and manager. Lessons will vary between practical and theory based. You will learn about the ever changing sports industry developing understanding and appreciation of health-related fitness, sports and exercise through a selection of specialist units. You will be encouraged to develop people, communication, planning and team-working skills.

How will I be assessed?

25% Theory Examination based online exam sat a maximum of 2 times. 75% Written and practical coursework assessment through assignments and tasks. Not based on practical ability.

The theory side of the course is examined at the start of year 11 on completion of unit 1 Fitness for Sport and Exercise. The exam can be taken twice depending on your success. In the exam the topics assessed consist of: Components of fitness, principles of training, training methods and fitness testing.

The remaining three units will be assessed through assignment based coursework tasks.

What can this course lead on to?

It gives full-time learners the opportunity to progress to other vocational qualifications such as the Edexcel BTEC Level 3 Nationals in Sport or Sport and Exercise Sciences, or on to GCE AS or A level and in due course to enter employment in the sport and active leisure sector. If you are thinking about teaching P.E., studying Sports Science or becoming a sports coach then BTEC Sport is the perfect option for you.

Who do I need to contact for more information?

Mr M. Grady or Mr P. Haydock

