



BTEC Level 1 Sport Certificate

QUALIFICATION OVERVIEW

The Pearson BTEC Level 1 Introductory Certificate is designed around practical skills and tasks that place an emphasis on learners demonstrating what they can do rather than what they know in theory.

The Certificate offers a basic introduction to the Sport and active leisure sector and could be studied alongside other subjects. The qualification prepares learners for further learning at a higher level.

ASSESSMENT

The Sport BTEC has no external exams.

- ♦ Pupils will be assessed on their practical skills and the quality of the portfolio work they produce.
- ♦ Pupils can achieve a Pass, Merit or Distinction grade for the qualification

QUALIFICATION CONTENT

Pupils will complete 5 units over 2 years:

- ♦ Unit 1. Being Organised. This is a Core unit that supports pupils in planning tasks and organising time when completing BTEC work.
- ♦ Unit 2. Developing a Personal Progression Plan. This is a Core unit that supports learners in planning for future careers.
- ♦ SP5: How Exercise Affects the Body. Learners will find out how exercise affects the body by carrying out tests and collecting and interpreting results
- ♦ SP6: Training for Fitness. Learners will develop skills in planning and delivering training sessions to improve fitness.
- ♦ SP7: Playing Sport. Learners will develop the skills and techniques needed for different sports and will review their own performance.

FUTURE OPPORTUNITIES

Pupils who complete the Level 1 Sport course can:

- ♦ Use the qualification to help access a level 2 qualification at Myerscough College, West Lancs College, Runshaw College, Preston College or Wigan and Leigh College.
- ♦ Use the qualification to help gain an apprenticeship within the local sports sector. E.g. Personal Trainer, Coach & Gym Instructor.
- ♦ Use the life skills learnt to help maintain a healthy lifestyle both physically and mentally



Full Qualification Details

<http://www.hope.lancs.sch.uk/>

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