

BTEC Sport Curriculum Intent

For our KS4 students, we offer a BTEC Level 1 Introductory Course in Sport. While undertaking the BTEC course, students will gain a wider understanding and appreciation of health-related fitness, sports and exercise by developing a range of skills, techniques, personal skills and attributes essential for successful performance in adult life.

The course allows students to:

- Develop the skills and confidence they need to progress into a fulfilling, exciting career.
- Learn essential skills such as training for personal fitness, encouraging sports participation, and organising and leading events and activities.
- Gain an in-depth knowledge and understanding of sport.
- Become an independent learner, developing employability skills.
- Meet with industry experts and attend university workshops

We deliver 3 units that we feel offer the best range of topics for our students. These are;

- Unit 5- How exercise affects the body. This unit is designed to give students an understanding of how different exercises will improve athletic performance.
- Unit 6- Training for fitness. This unit provides the tools so that the students understand how different training methods are designed and implemented for a range of different sports.
- Unit 7- Playing Sport. This unit provides the opportunity for individuals to evaluate their own sporting performances to highlight their strengths and weaknesses.

The course will allow those students who wish to explore a career in sport, a foundation of knowledge which will allow them to study at a higher level at college once they have left school.

This would be the first stepping stone in pursuing a range of careers in sport such as;

- Sports coaching
- Strength and conditioning coaching
- Physiotherapy
- Physical Education teacher
- Performance and analyst coach