

BTEC Sport Learning Journey

Onto Sports Coaching & Development Level 3 at Ashton 6th Form. Or an apprenticeship within the sports sector.



Unit 1 Exam Resit

Internal Assessment

Learning Aim D:
Review a personal fitness training programme



Internal Assessment Learning Aim C:
Implement a self-designed personal fitness training programme to achieve own goals and objectives



Internal Assessment. Learning Aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training



Internal Assessment. Learning Aim A:
Design a personal fitness training programme

Unit 3 – Principles of Personal Training

Internal Assessment:
Learning aim A: Know the attributes associated with successful sports leadership

Internal Assessment
Learning aim B: Undertake the planning and leading of sports activities



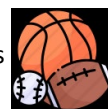
Internal Assessment:
Learning aim C: Review the planning and leading of sports activities



YEAR
11

Unit 6 – Leading Sports Activities

Internal Assessment:
Learning aim B: Practically demonstrate skills, techniques and tactics in selected sports



Unit 2 – Practical Sport.



Unit 1 – Exam
December.
Date TBC

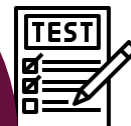


Internal Assessment:
Learning aim C: Be able to review sports performance



Internal Assessment.
Learning aim A: Understand the rules, regulations and scoring systems for selected sports.

Investigate fitness testing to determine fitness levels.

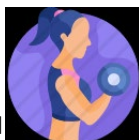


Explore different training methods.

YEAR
10

Course introduction. BTEC learner agreements and methods of assessment shared.

Unit 1 – Fitness for Sport & Exercise. External Assessment.



What are Components of Fitness & Principles of Training?

