

BTEC SPORT

'PERSISTENCE CAN
CHANGE FAILURE INTO
EXTRAORDINARY
ACHIEVEMENT'

WHAT IS THE COURSE ABOUT?

BTEC Firsts in sport can help you take your first steps towards a career in sport and fitness. You'll learn essential skills such as training for personal fitness, encouraging sports participation, and organising and leading events and activities.

Students can achieve a Level 2 Award in Sport at either Pass, Merit or Distinction level. The course covers a range of areas linking to sport and physical exercise that students will cover in practical and theory sessions.



SUBJECT CONTENT

The BTEC Level 2 First Award in Sport has been designed primarily for young people who may wish to explore a vocational route throughout Key Stage 4, but it is also suitable for other learners who want a vocationally focused introduction to this area of study.

Students will cover four units over the course of two years and are assessed in a variety of ways.

- Unit 1 - Fitness for sport and exercise
- Unit 2 - Practical performance in sport
- Unit 3 - Applying the principles of training
- Unit 6 - Leading sports activities

Students will be developing their knowledge across all units in core and theory lessons. In particular, each half term will focus on different aspects of fitness by linking practical learning to key terminology such as fitness components, training and testing. Students will also cover a fitness unit in practical lessons which will familiarise them on specific training methods and content linked to this.

During core lessons students will have the opportunity to develop their knowledge of rules and regulations of sport by competing in competitive games. In core lessons students will be able to officiate games to further develop their knowledge and confidence in unit 2. PE lessons will involve team and individual sports. During these activities' students will develop an awareness of the structure of lessons and develop their leadership skills and qualities by leading warm ups and small group activities.

HOW WILL I BE ASSESSED?

The majority of the units are assessed by moderated internal assessment. This means that all the work students complete through the course is linked to their assessment grade. Students are given individual assignments that are completed during classroom or practical activities. Assessment can be done by both visual/practical/recorded performance or written work.

Unit 1 - Fitness for Sport and Exercise: assessed through an online externally marked exam (25%).

Unit 2 - Practical performance in sport: assessed through practical performance, analysing performance and related coursework (25%).

Unit 3 - Applying the principles of training: assessed through related coursework and video assessment of delivering fitness sessions (25%).

Unit 6 - Leading Sports Activities: assessed through practical delivery observation of two sporting events and relevant coursework (25%).



WHAT SKILLS ARE REQUIRED?

Unit 1: Fitness for Sport and Exercise

- Know about the components of fitness and the principles of training
- Explore different fitness training methods
- Investigate fitness testing to determine fitness level

Unit 2: 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

Unit 3: Applying the principles of training

- Design a personal fitness training programme
- Know about exercise adherence factors and strategies for continued training success.
- Implement a self-designed personal fitness training programme to achieve own goals and objectives.
- Review a personal fitness training programme

Unit 6: 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



STUDYING BTEC SPORT MAY LEAD TO:

BTEC in Sport teaches the knowledge and skills students will need to work in the sports industry. After completing a BTEC First, learners can go on to study BTEC Nationals, A levels or a combination of the two.

BTEC Sport will give students a knowledge base linking to the following professions:

- Sports Coaching
- Sports Development
- Event Management
- P.E Teacher
- Physiotherapy
- Sports Rehabilitation
- Nursing



ADDITIONAL INFORMATION

With BTEC, you'll be assessed throughout the course, on a range of assignments, rather than in one final exam.

BTECs let you present your work in a way that suits your style and makes the best of what you produce. This ensures that all work contributes to your final assessment.



Students will be responsible for producing their assessment criteria to specific deadlines and in a variety of ways across the four units. Students will be responsible for carrying out practical demonstrations, producing written reports, graphs or posters as well as giving verbal or online presentations.