



BTEC Sport Level 1/2

Optional

Exam board: Pearson Edexcel	Course Code: 600/4779/3		
Outline of course: The BTEC Level 1 and 2 First Award in Sports is a vocational option assessed in two ways; an online onscreen exam worth 40% and practical sports assessment with coursework worth 60%. The onscreen exam is based on Unit 1- Fitness for Sport and Exercise. The students will cover Unit 1 during the Autumn Term and beginning of the Spring Term, with the aim of taking their onscreen exam before Easter. The onscreen exam is based on the following subjects; components of physical and skill related fitness, methods of training, principles of training, and fitness testing to improve sporting performance. When Unit 1 is complete, the students will then move on to Unit 2 - Practical Sports Performance. The theory lessons will take place in a classroom environment and the practical lessons in either the Sports Hall, MUGA, 4G Pitch or Athletics Track. Students will also have to carry out a controlled assessment in Unit 3 - Applying the Principles of Personal Training. Students will have to create their own personalised training programme to improve their current fitness and performance.			
Assessment: Unit 1: Fitness for Sport and Exercise - onscreen assessment Units 2-6: Internally assessed controlled assessments.			
Unit	Compulsory Core Units	Assessment method	GLH
1	Fitness for Sport and Exercise	External	30
2	Practical Sports Performance	Internal	30
3	Applying the Principles of Personal Training	Internal	30
Optional Specialist Units (a choice of 1 of the below)			
6	Leading Sports Activities	Internal	30
Choose this subject if... - You want to work within the sporting industry with employment opportunities such as Physiotherapy, Sports Coaching, PE Teaching, Psychology of Sport, Sports Analysis, Personal Training/Fitness Coaching. - You want the knowledge and knowhow to keep yourself fit, healthy and active for life. - You find the human body fascinating. This will be an interesting and challenging learning experience taught by very passionate and enthusiastic PE teachers. Students will be introduced to key sporting ideas and show how these interact with practical performance to improve health and fitness.			
Who to contact for more information: Mr Lawrence or Mr Golding			