



## **SPORT – BTEC FIRST AWARD IN SPORT**

This course is equivalent to one GCSE grade 9 - 4. At the end of the course students will be awarded a Level 2 Pass, Level 2 Merit or Level 2 Distinction based on the quality of their work and the assignments that they have completed. The course is predominantly made up of theory based work with students completing tasks and assignments based on key sporting themes. There is a practical element to the course where students are assessed on their ability to perform 2 sports and also their ability to analyse the performance of themselves and other athletes.

Key topics on the course include:

- Components of Fitness & The Principles of Training
- Training Methods
- Fitness Testing and analysis of Results
- Anatomy & Physiology
- Analysing Sporting Performance
- The Roles & Responsibilities of Officials in Sport
- The Technical & Tactical Demands of different Sports
- Personality and its Effect on Sports Performance
- The Influence of Motivation and Self-Confidence on Sports Performance

### **What is the course structure?**

The course is made up of 4 specialist units, which are studied over the 2 years. 3 Units are assessed through the completion of assignment and written tasks. 1 unit (Fitness for Sport & Exercise) is assessed through the completion of an external exam.

### **What subjects will I study?**

You take 4 specialist units from the list below. 2 units are compulsory and 2 units are optional. Staff will select which two optional units are studied.

- Fitness for Sport and Exercise (compulsory unit and externally assessed)
- Practical Sports Performance (compulsory unit)
- The Mind and Sports Performer (optional unit)
- Leading Sports Activities (optional unit)
- Training for Personal Fitness (optional unit)
- The Sports Performer in Action (optional unit)

### **Student's eligibility:**

This course is recommended for any student who has a strong interest in sport and the theory behind sports performance. Students will be required to extract relevant information and apply this to written coursework assignments. Students will also need to be able to retain information well and be able to apply this knowledge to extended written questions and tasks in an examination. The course structure gives students the chance to monitor their progress as they go and set realistic targets for their work. This course gives students a foundation for taking on a job in the sports sector when they leave school post 16 or after 6<sup>th</sup> form. This

course will act as an effective introduction for students wanting to continue studying a Level 3 vocational course (the school currently offers a BTEC Level 3 Extended Certificate in Sport in Year 12/13) or studying A-Level PE post 16. It would also be a good introduction for students wishing to take on training contracts or an apprenticeship.

Students should be aware that, whilst there is a practical element to the course, a very keen interest in the theory behind sporting performance will be required to effectively complete the assignments and meet the assessment criteria for each task.