



BTEC Level 2 First Award in Sport



Why choose Level 2 BTEC Sport at GCSE?

Do you enjoy taking part in a variety of sports and activities?

Do you enjoy learning about fitness and training?

Do you enjoy learning about the theoretical aspects of physical activity?

Do you want to develop your leadership in sport?

If so, then the **BTEC Sport** course is for you!

Structure of the Course

Specification: Pearson

Requires the completion of 4 units over the course of the two years. Three mandatory units and one optional unit.

- Unit 1 – Fitness for Sport & Exercise (Mandatory – 25%)
- Unit 2 – Practical Performance in Sport (Mandatory – 25%)
- Unit 3 – Applying the Principles of Personal Training (Mandatory – 25%)
- Unit 6 – Leading Sports Activities (Optional – 25%)

External Exam : Year 10 - Unit 1

Head of Subject: Mrs Tarlton
BTEC Sport Lead IV: Mrs Smith

wtarlton@nsg.northants.sch.uk
lsmith@nsg.northants.sch.uk

Structure of the Course

	Year 10	Year 11
Term 1	Unit 1 (External exam) September - December	Unit 3 (Coursework) September - December
Term 2	Unit 1 (External Exam) January - February Unit 2 (Coursework) February - April	Unit 3 (Coursework) January - February Unit 6 (Coursework) February - April
Term 3	Unit 2 (Coursework) Easter - July	Unit 6 (Coursework) April - July

Head of Subject: Mrs Tarlton

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External Assessments

Unit	Type	When?
Unit 1	Computer examination set and marked by Pearson, consisting of short and long answered questions. <ul style="list-style-type: none">• 1 hour 15 minutes.• 60 marks.	January/February (Year 10)

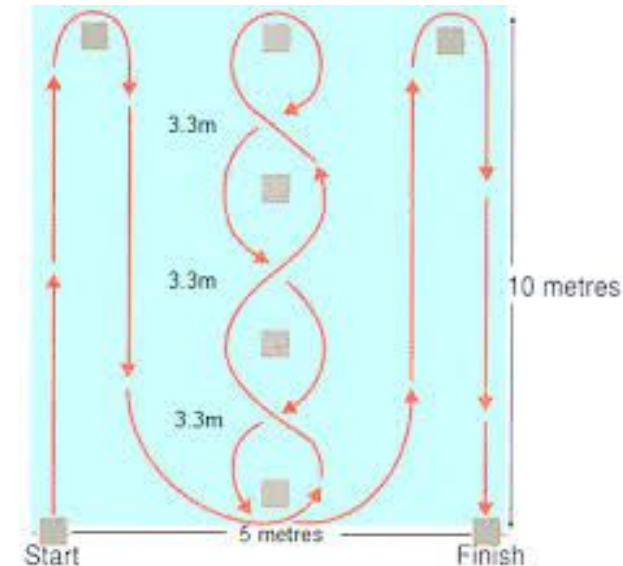
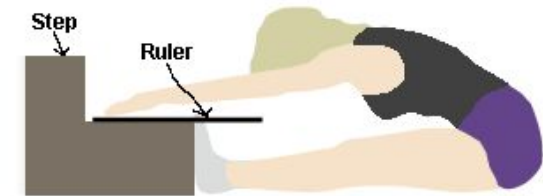
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Unit 1 (25%): Fitness for Sport & Exercise

Mandatory Unit – External Exam:

- Learning Aim A: Know about the components of fitness and the principles of training
- Learning Aim B: Explore different fitness training methods
- Learning Aim C: Investigate fitness testing to determine fitness levels



Unit 2 (25%): Practical Performance in Sport

Mandatory Unit – Written Coursework:

- Learning Aim A: Understand the rules, regulations and scoring systems for selected sports
- Learning Aim B: Practically demonstrate skills, techniques and tactics in selected sports
- Learning Aim C: Be able to review sports performance

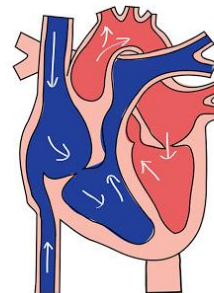
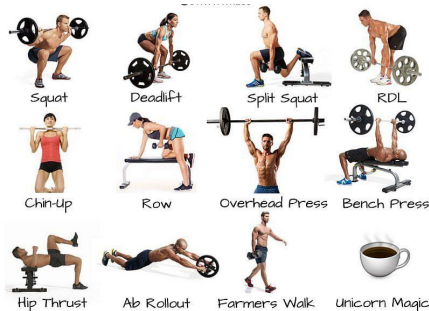
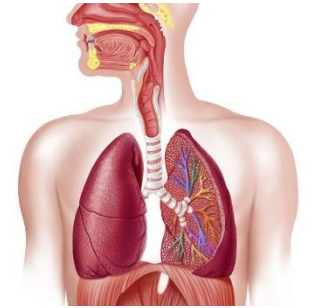


Unit 3 (25%): Applying the Principles of Personal Training

Mandatory Unit – Written Coursework:

- Learning Aim A: Design a personal fitness training programme
- Learning Aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training
- Learning Aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives.

- Learning Aim D: Review a personal fitness training programme



Unit 6 (25%): Leading Sporting Activities

Optional Unit – Written Coursework:

- Learning Aim A: Know the attributes associated with successful sports leadership
- Learning Aim B: Undertake the planning and leading of sports activities
- Learning Aim C: Review the planning and leading of sports activities



Awarding of Grades

BTEC qualification grades are different to other GCSE grades.

BTEC Sport Level 2 has the following grading:

Level 2 Distinction* - equivalent to GCSE grade 8.5

Level 2 Distinction - equivalent to GCSE grade 7

Level 2 Merit - equivalent to GCSE grade 5.5

Level 2 Pass - equivalent to GCSE grade - 4

Level 1 Pass - equivalent to GCSE grade - 1.25

Methods of Study and Assessment

Externally Assessed

- Exam - multiple choice, short and long answer questions

Internally Assessed

- Powerpoint presentations
- Practical Assessments
- Booklets
- Posters
- Training Programme
- Sports activity plans
- Observations
- Leadership



Future Career Options

The methods of study and research involved in BTEC Sport are very useful training for a variety of careers, from working in the leisure industry to education to sports science and business.

BTEC Sport teaches you to research independently, describing, explaining and justifying/analysing your answers and to write in a concise and logical manner.

BTEC Sport develops the intrinsic skills of analysis, evaluation, interpretation and explanation, all of which are highly valued in the modern workplace.



Contacts at NSG.....

If you wish to ask any questions or find out more about the course please contact.....

Mrs Tarlton (Head of Sport) - wtarlton@nsg.northants.sch.uk

or

Mrs Smith (2nd in Dept) - ismith@nsg.northants.sch.uk