

## Sport BTEC Level 1/2 First Award in Sport (2018)

### Course Aims

This course aims to enable students to encourage personal development through practical participation and performance in a range of sports and exercise activities. To understand health-related fitness, sports and exercise by developing a range of skills and techniques, personal skills and attributes for successful performance in working life.

### What you will study

#### Mandatory Units:

##### **Unit 1 - Fitness for Sport & Exercise (Externally Assessed Exam)**

In this unit you will know about the different components of fitness and principles of training, explore the different fitness training methods and investigate fitness testing to determine fitness levels.

##### **Unit 2 - Practical Sports Performance (Internally Assessed)**

In this unit you will understand the rules, regulations and scoring systems for selected sports, practically demonstrate skills, techniques and tactics in these selected sports and be able to review sports performance.

##### **Unit 3 - Training for Personal Fitness (Internally Assessed)**

In this unit you will design a personal fitness training programme, know about how exercise affects the body and strategies for continued training success, implement a self-designed personal fitness training programme to achieve own goals and objectives and review it.

#### Optional Unit chosen

##### **Unit 6 - Leading Sports Activities (Internally Assessed)**

In this unit you will know the attributes associated with successful sports leadership, undertake the planning and leading of sports activities and review the planning and leading of these sessions.

Assessments will be done through practical performance and completion of assignments. A variety of assignment methods will be used e.g. newspaper reports, power-points, posters, leaflets, visual tools, questionnaires, magazine reviews.

### The Facts

Subject	Level	Exam Board	Time Allocation	Assessment
First Award in Sport	BTEC Level 2 (equivalent to 1 GCSE)	Pearson	2 double lessons  1 single lesson	Students will be graded on the following scale: Level 1 = 1.75, Pass = 4, Merit = 5.5, Distinction = 7, Distinction* = 8.5  They will complete 3 mandatory units and 1 optional unit  Unit 1 Fitness for Sport & Exercise is externally marked (25% of final grade) 1 hour 15 min exam = Out of 60 marks  The other 3 units are internally marked through assignments and practical lessons (75% of final grade)

#### Further study and future careers

This course is a good starting point for those students who wish to follow careers related to sport, such as teaching, coaching, umpiring/refereeing, sports development officer, managerial positions in the leisure industry, fitness instructor or physiotherapist, police force, nursing, paramedic, firefighting, armed forces.