

Course Outline

This programme allows you to gain a qualification equivalent to 1 GCSE whilst studying a number of aspects related to performance in sport and the sports industry.

What skills/attributes are required for the course?

- An interest in sport and exercise
- Enjoyment in taking part in sport and exercise
- Enjoyment in leading and organising sporting activity
- Self motivated/disciplined
- Good organisation skills to meet deadlines

Can take responsibility for own learning and work independently

The course is delivered through a mixture of teacher led classroom and practical activity. A variety of learning environments are used including the gym, sports hall, sports field, classroom and out of school experiences.

Over the year programme you will be required to complete three modules, which will cover knowledge of the body systems, understanding of the principles of training and the skills required to successfully lead sporting activities.

Students will need to work to deadlines and complete work to a high standard throughout the year. The emphasis is on continuous assessment and this will therefore reflect your overall grade. One of the three units is examined externally via an online exam. The other two are assessed internally through submitted pieces of coursework.

The course allows you to investigate theoretical elements of sport through both a practical and classroom setting and so is not focused directly on your ability to perform.

Within this course, learner can achieve both Level 1 and Level 2 grades, with a target for students being at least a Level 2 Pass grade. Other grades include Merit, Distinction and a Distinction * grade.

BTEC Level 2 Tech Award Structure:

Unit 1 – Understand the body and the supporting technology for sport and activity

In this unit you will:

- A. Investigate the impact of sport and activity on the body systems
- B. Explore common injuries in sport and activity and methods of rehabilitation
- C. Understand the use of technology for sport and activity

Unit 2 – The Principles of training, nutrition and psychology for sport and activity (externally assessed)

In this unit you will:

- A. Demonstrate knowledge of the principles of training to improve fitness, nutrition and psychological influences
- B. Demonstrate an understanding of training to improve fitness, nutrition and psychological influences when applying to sport and activity
- C. Analyse and evaluate data and information in relation to fitness, nutrition and psychological influences when applying to sport and activity

Unit 3 – Applying the principles of sport and activity

In this unit you will:

- A. Understand the fundamentals of sport and activity leadership
- B. Planning sessions for target groups
- C. Delivering and reviewing sessions for target groups

Sport, Activity & Fitness Level 2



Assessment

You will complete assignments for the two internally assessed units, and the externally assessed unit will be completed via an online test. The methods of assessment will vary across the course to include written work, oral presentations, designing of posters, practical sessions and work experience observations. All candidates will receive a pass, merit or distinction for each completed unit.

Additional Opportunities

Throughout the course you will have the opportunity to undertake leadership activities including working in primary schools and high schools. Students will also be able to participate in visits to sporting venues, complete other practical activities and gather work experience in the local community.



Post 16 Progression

The BTEC Level 2 Tech Award in Sport can lead to a number of opportunities. Candidates can move to post 16 study of the BTEC National Diploma in Sport which we offer in Birchwood College. In addition, the qualification can also assist candidates achieve employment in the industry of sport fitness and coaching.