



# BTEC Level 1/ 2 First Award in Sport

## COURSE OUTLINE:

- Unit 1 Fitness for Sport and Exercise** In this unit you will:  
A know about the components of fitness and the principles of training  
B explore different fitness training methods  
C investigate fitness testing to determine fitness levels.
- Unit 2 Practical Performance in Sport** In this unit you will:  
A understand the rules, regulations and scoring systems for selected sports  
B practically demonstrate skills, techniques and tactics in selected sports  
C be able to review sports performance.
- Unit 3 Applying the Principles of Personal Training** In this unit you will:  
A design a personal fitness training programme  
B know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training  
C implement a self-designed personal fitness training programme to achieve own goals and objectives  
D review a personal fitness training programme.
- Unit 4 Leading Sports Activities** In this unit you will:  
A know the attributes associated with successful sports leadership  
B undertake the planning and leading of sports activities  
C review the planning and leading of sports activities.

## COURSE ASSESSMENT:

- Unit 1: 25% One hour 15 minutes 60 marks onscreen test  
Unit 2: 25% Internal assessment, produce portfolio & video evidence.  
Unit 3: 25% Internal assessment, produce portfolio & video evidence.  
Unit 4: 25% Internal assessment, produce portfolio & video evidence.

## COURSE QUALIFICATION:

Pearson BTEC Level 1/Level 2 First Award in Sport

## TEACHER TO SEE FOR GUIDANCE:

MISS D. THOMPSON PE Department

Group

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# Physical Education

## **COURSE OUTLINE:**

**Students follow a two year programme of study covering performance related modules.**

Core physical education aims to ensure that all students:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

## **COURSE ASSESSMENT:**

No accreditation

## **COURSE QUALIFICATION:**

None

## **TEACHERS TO SEE FOR GUIDANCE:**

MISS D. THOMPSON PE Department

CORE