



BTEC FIRST AWARD IN SPORT

YEAR 9 OPTIONS 2021

IS BTEC SPORT RIGHT FOR ME?

- You need to be enthusiastic about sport.
- The subject is a lot of fun but very demanding and you must be resilient in being able to write large pieces of coursework.
- You must be willing and able to take part in practical sessions and also be able to meet strict deadlines in coursework assessments.

WHAT WILL I STUDY?

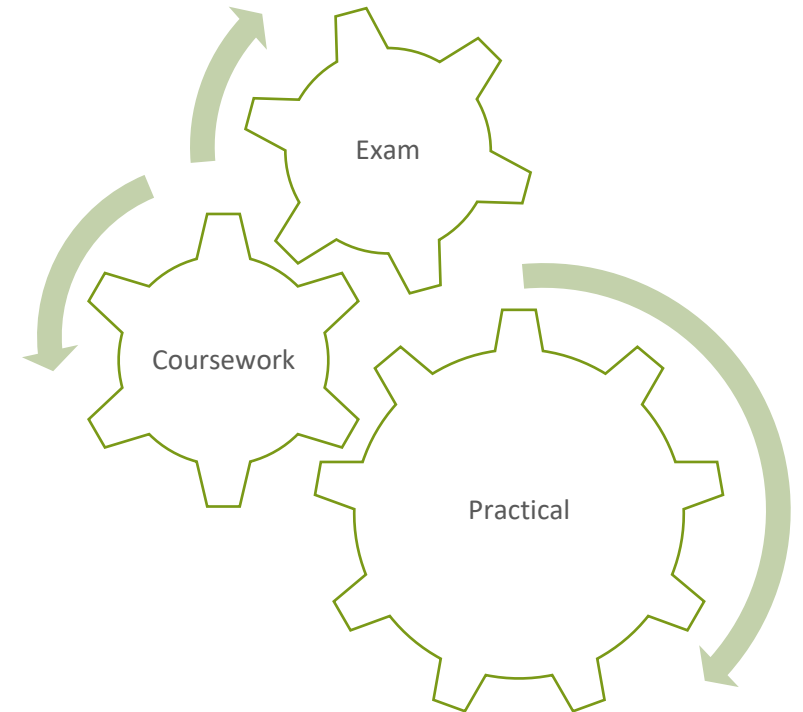
- There are four units to study over the two years. They consist of:
- Unit 1 Fitness for Sport and Exercise – Principles and methods of training and fitness testing.
- Unit 2 Practical Sports Performance – Rules, regulations and sporting skills used in specific sports.
- Unit 3 Applying the Principles of Personal Training. – Training Programme Design.
- Unit 6 Leading Sports Activities – Plan, deliver sports session and review your coaching attributes

HOW WILL I LEARN/HOW WILL I BE TAUGHT?

- BTECs are vocationally related qualifications where you will develop knowledge and understanding by applying your learning and skills in a work-related context.
- You will complete assessments taking on a variety of differing roles that could include: a sports performer, leader, coach, teacher, sports analyst, fitness instructor and manager.
- Lessons will vary between practical and theory based. You will learn about the ever changing sports industry developing understanding and appreciation of health-related fitness, sports and exercise through a selection of specialist units.
- You will be encouraged to develop people, communication, planning and team-working skills.

HOW WILL I BE ASSESSES?

- 25% Theory Examination based online exam sat a maximum of 2 times.
- 75% Written and practical coursework assessment through assignments and tasks.
- Not based on practical ability.
- The theory side of the course is examined in Jan/Feb of year 10 on completion of unit 1 Fitness for Sport and Exercise.
- The exam can be taken twice depending on your success.
- In the exam the topics assessed consist of: Components of fitness, principles of training, training methods and fitness testing.
- The remaining three units will be assessed through assignment based coursework tasks such as practical assessments, projects, videos etc.



WHAT CAN THIS COURSE LEAD ONTO?

- It gives full-time learners the opportunity to progress to other vocational qualifications such as
- Edexcel BTEC Level 3 Nationals in Sport or Sport and Exercise Sciences
- GCE AS or A level and in due course to enter employment in the sport and active leisure sector.
- If you are thinking about teaching P.E., studying Sports Science or becoming a sports coach then BTEC Sport is the perfect option for you.

WANT TO KNOW MORE?

- Speak to Mr Warner or your PE teacher in lessons or drop them an email.
- Check out the BTEC Sport Website [BTEC Firsts Sport \(2018\) | Pearson qualifications](#)
- Speak to current Y10 students who study it (I'm sure they won't mind you asking)