

SPORT

COURSE OVERVIEW

The BTEC Level 2 Technical Award in Sport enables learners to develop the knowledge, understanding and skills regarding exercise and participation required for progression within sectors such as: exercise, training, fitness, leisure management, leadership, coaching and adventurous activities.

This qualification provides opportunities for learners to develop a range of skills and techniques, personal skills and attributes essential for successful performance in working life.

KNOWLEDGE & SKILLS DEVELOPED

Students will complete 3 components.

Component 1. Preparing participants to take part in Sport and Physical Activity

In this section you will:

- Explore types and provision of sport and physical activity for different types of participant
- Examine equipment and technology required for participants to use when taking part in sport and physical activity
- Be able to prepare participants to take part in sport and physical activity

Component 2. Taking part and improving other participants sporting performance.

In this section you will:

- Understand how different components of fitness are used in different physical activities
- Be able to participate in sport and understand the roles and responsibilities of officials
- Demonstrate ways to improve participants sporting techniques

Component 3. Developing fitness to improve other participants performance in sport and physical activity.

In this section you will:

- Learn the various components of fitness
- How to apply the principles of training
- Understand the different intensities of training and how to measure these
- Learn and take part in the different fitness tests and analyse data
- Understand the long-term effects of training of the body systems.

Qualification: **BTEC**

Awarding Body: **EDEXCEL**

ASSESSMENT METHOD

3 Components:

Component 1 – Internal assessment completed in approximately 5 hrs (60 marks, 30% of overall grade)

Component 2 – Internal assessment completed in approximately 4 hrs (60 marks, 30% of overall grade)

Component 3 – 1.5hr written exam (60 marks, 40% of overall grade)

POST 16 OPPORTUNITIES AND CAREERS

This course provides the foundation for a wide range of courses and careers, including Level 3 courses in Sport and Physical Education.

Students with an interest in this field can take BTEC Sport Level 3 at Kimberley College. Science (biology in particular) is a subject which supports and complements further study or employment within sport.

Careers you could consider include sports journalism, PE teacher, physiotherapist, official, sports coach, sports development, fitness instructor and personal trainer.



"I find the BTEC Sport course suits me as I prefer being assessed through assignments rather than exams. The units will give me good skills for the future."

