



CHARTERS

— SCHOOL —

BTEC FIRST AWARD IN SPORT

This course provides an engaging introduction to the world of sport. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, the psychology of sport, practical sports performance and sports leadership. It enables you to develop and apply your knowledge, while also developing a range of relevant practical, communication and technical skills.

The qualification is 120 GLH, which is the same size and level as a GCSE, is aimed at everyone who wants to find out more about the sport industry.

You will study three mandatory units, covering the underpinning knowledge and skills required for the sports sector:

- fitness for sport and exercise
- practical performance in sport
- applying the principles of personal training.

You will build on the knowledge gained in the mandatory units by choosing one further unit, covering areas such as:

- the mind and sports performance
- the sports performer in action
- leading sports activities.

How will the course be taught?

A variety of methods will be used to deliver the content of the course. BTEC Sport is primarily coursework / practical task driven. Deadlines are set and must be met. The course will include a combination of time spent in the classroom preparing for coursework, learning theory for the exam or preparing for practical lessons. Alongside this, time will be spent practically completing tasks set by the teacher who will assesses the students.

How will your work be assessed?

You will carry out tasks/assignments in the form of coursework throughout the course. Your teacher will mark these, and so you will receive feedback as to how you are getting on.

For the assessment for Unit 3 Applying the Principles of Personal Training, you will be able to draw on the knowledge, skills and understanding you have developed in the qualification as a whole.

The assessment for Unit 1: Fitness for Sport and Exercise is an onscreen test which is marked externally.

Where can it lead?

The nature of the course will provide opportunities to develop a variety of skills which could lead to a career in sport. Furthermore, the course will develop subject-specific knowledge which allows students to study Sport related courses during 6th form and University.

BTEC Sport can lead to a variety of jobs and roles within the community. Such jobs could be: sports scientist, sports medicine, physiotherapy, nursing, sport psychologist, lecturer, sports management, sporting events, personal trainer, army recruitment, sports coach, sports official, sports development officer and teacher. Taking part in Sport Studies will lead to students having an understanding and ability to lead a healthy, active lifestyle.