

BTEC First in Sport

- **Exam Board** EDEXCEL

- **What will I study in “BTEC Sport”?**

There are two levels that can be gained during BTEC Sport lessons they are: The BTEC Level 2 Certificate, which is broadly equivalent to one GCSE and the BTEC Level 2 Extended Certificate which is broadly equivalent to two GCSEs. There are two compulsory (core modules):

Fitness Testing and Training.
Practical Sport.

There are also two additional modules which will be chosen from:

Anatomy and Physiology for Sport.
Planning and Leading Sports Activities.
Development of Personal Fitness.

- **What will the “BTEC Sport” lessons be like?**

Lessons are mainly practical, there will however be time in the classroom where the work is ICT based, including research and writing assignments.

The Fitness Testing and Training unit gives learners the opportunity to explore the essential fitness requirements and training methods used to achieve successful sports performance. The unit also explores lifestyle and psychological factors and the effects these can have on sports training and performance. Learners will investigate their personal fitness levels by participating in a series of fitness tests.

The aim of the Practical Sport unit is to develop learner knowledge of the rules, skills and techniques for one team and one individual sport through practical application.

The Anatomy and Physiology for Sport will give learners a good understanding of the structure and function of the skeletal, muscular, cardiovascular and respiratory systems of the human body. This is a mainly theoretical unit.

The Planning and Leading Sports Activities unit gives learners the opportunity to be involved in the planning, organising and running of a sports event.

The Development of Personal Fitness unit will enable learners to plan, implement and evaluate a personal fitness training programme specific to their sporting goals.

- **How is the course assessed?**

Assessment is entirely through a portfolio of written assignments as well as through observation of practical performance. The BTEC Level 2 Certificate and the BTEC Level 2 Extended Certificate can be achieved either at Pass, Merit or Distinction level.

- **How will I be assessed in lessons?**

Assessment will be continuous through written assignments, presentations and observation of practical activities. There is no end of course examination.

- **Why should I study “BTEC Sport”?**

If you enjoy playing sport or have an interest in sport this might be a good qualification for you. This is a good alternative to GCSE Sports Studies as it relies less upon strong practical ability in a range of sports. Also if you intend to pursue a career in sport this course could prove to be beneficial. There will also be the opportunity to complete a period of work experience in the Sports Industry at the end of year 10.

- **What course/career can “BTEC Sport” lead on to?**

This course can lead on to further study including; BTec National in Sport and A level PE both of which are offered at Barrow Hall College. You also could work in the leisure industry, such as in a Sports Centre or a Health Club.

- **What are the results like in “BTEC Sport”?**

2008 was the first year that the course was completed. 95% of students passed the Certificate (equivalent to 2 GCSEs) and 61% passed the Diploma (equivalent to 4 GCSEs). In 2009 the pass rate for the Diploma was 100%.

