



St Gregory the Great Catholic School – Secondary Phase

BTEC Sport (KS4)



Examination Board: Pearson BTEC Level 1/Level 2 First Award in Sport

Course Description:

Unit 1: Fitness for Sport and Exercise – external exam

Learning aim A: Know about the components of fitness and the principles of training

Learning aim B: Explore different fitness training methods

Learning aim C: Investigate fitness testing to determine fitness levels

Unit 2: Practical Sports Performance – internally assessed coursework

Learning aim A: Understand the rules, regulations and scoring systems for selected sports

Learning aim B: Practically demonstrate skills, techniques and tactics in selected sports

Learning aim C: Be able to review sports performance

Unit 3: The Mind and Sports Performance – internally assessed coursework

Learning aim A: Investigate personality and its effect on sports performance

Learning aim B: Explore the influence that motivation and self-confidence have on sports performance

Learning aim C: Know about arousal and anxiety, and the effects they have on sports performance

Unit 4: The Sports Performer in Action – internally assessed coursework

Learning aim A: Know about the short-term responses and long-term adaptations of the body systems to exercise

Learning aim B: Know about the different energy systems used during sports performance

Assessment:

The Pearson BTEC Level 1/Level 2 First Award in Sport includes an externally assessed unit in the core to introduce externality into vocational programmes of study. This will assist learners as they progress either into higher levels of vocational learning, or to related academic qualifications such as GCEs and GCSEs. The assessment approach for the internally assessed units in the qualification structure enables learners to receive feedback on their progress throughout the course as they provide evidence towards meeting the unit assessment criteria. Evidence for assessment can be generated through a range of activities, including workplace assessment, role play, practical performance and verbal presentations.

Why BTEC Sport?

It has been developed to:

- encourage personal development through practical participation and performance in a range of sports and exercise activities
- give learners a wider understanding and appreciation of health-related fitness, sports and exercise through a selection of optional specialist units
- encourage learners to develop their people, communication, planning and team-working skills by having the opportunity to select from optional units available in the qualification structure
- provide education and training for sport, leisure and recreation employees
- give opportunities for sport, leisure and recreation employees to achieve a nationally recognised level 1 or level 2 vocationally-specific qualification
- give full-time learners the opportunity to progress to other vocational qualifications, such as the Pearson BTEC Level 3 Nationals in Sport or Sport and Exercise Sciences, or on to GCE AS or A level, and, in due course, to enter employment in the sport and active leisure sector
- give learners the opportunity to develop a range of skills and techniques, personal skills and attributes essential for successful performance in working life.

Further information on BTEC Sport can be obtained from Mr Hoskin - Head of Physical Education