

## Course Information – BTEC Sport

The BTEC first award in Sport course is for those students who enjoy PE and different practical activities. We offer a mixture of both Practical and Theory based lessons.

## Course Content

For the practical lessons students will cover a range of different activities including Badminton, Rounders, Netball and Football.

Students will also study a range of theoretical components including Physical training, Practical performance and evaluation of Sport, The anatomy and physiology of the human body in relation to Sport and Health, Fitness training, health and well-being.

## Assessment

BTEC Sport First Award in Sport

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

Fitness for sport and exercise **30GLH** (on screen test)

Practical performance in sport **30GLH**

Applying the principles of personal training **30GLH** (synoptic assessment)

They will build on the knowledge gained in the mandatory units by completing one further unit:

The Sports performer in action **30GLH**

## Future Opportunities

Students could progress onto the A level PE course or onto BTEC Level 3 at KS5.

There are opportunities for students to design and implement a 6-week training programme.

