



# BTEC Sport

## Introduction / Why Study BTEC Sport?

BTEC First Award in Sport provides a specialist work related qualification in sport and sport related industry. You will develop the knowledge, understanding and skills necessary to prepare you for employment and to provide career development opportunities. Unlike GCSE PE, assessment is **NOT** based on practical sporting ability. **This qualification is equivalent to 1 GCSE.**

## Exam Board

The Edexcel full specification is available at: [www.edexcel.com/quals/firsts10/sport](http://www.edexcel.com/quals/firsts10/sport)

## What Will I Study?

The course is divided into four units studied over two years. The units covered include:

- **Unit 1: Health and Fitness for Sport and Exercise:** This unit covers the components of fitness and principles of training; it explores different fitness training methods and investigates fitness testing to determine fitness levels.
- **Unit 2: Practical Sports Performance:** This unit will improve your understanding of the rules, regulations and scoring systems for selected sports. It allows you to demonstrate practical skills, techniques and tactics in selected sports and to develop an ability to review sports performance.
- **Unit 3: The Mind and Sports Performance:** This unit investigates the influence that personality, motivation, self-confidence, arousal and anxiety have on sports performance.
- **Unit 4 : The Sports Performer in Action:** This unit explores short-term responses and long-term adaptations of the body systems to exercise and introduces you to the body's different energy systems.

## How Will I Be Assessed?

Unit 1 will be externally assessed using an onscreen test. The remaining units are coursework units. The student's work is assessed at Pass, Merit or Distinction. These unit grades contribute to an overall course grade at Level 1 Pass (D), Level 2 Pass (C), Merit (B), Distinction (A), or Distinction\* (A\*). You **MUST** successfully complete **ALL** the pass criteria to achieve a grade. You **WILL NOT** be assessed on your practical ability.

## Points to Consider When Selecting This Option

The options form at the back of this booklet places BTEC Sport and GCSE PE together. If you decide that you want to study a sport related course you should circle these two options. You **will then be invited to study the course which is most appropriate for you.** If you have a strong preference for one or other course, then you see Mr Abbiss. You should note that the BTEC Sport requires a strong interest in sport and its related activities. You should be willing to participate fully in all activities, especially coursework and aim to work to the best of your ability. You must be able to meet deadlines as there is an emphasis on independent and personalised self-study.

## What Might BTEC First Award in Sport Lead To?

As well as providing you with vital skills for the workplace and developing your interest in sport and sport related activities, this BTEC course will give you an excellent foundation for a wide range of post-16 courses, including BTEC Level 3 courses in Sport and A level Sports Science courses.

## Other Information

Staff will support your learning by providing key information, directing you to sources and promoting understanding through explanation and demonstration. You will acquire the skills and knowledge to assist you in working on practical activities.