



BTEC Level 1/ 2 First Award in Sport

COURSE OUTLINE:

- Unit 1 Fitness for Sport and Exercise** In this unit you will:
A know about the components of fitness and the principles of training
B explore different fitness training methods
C investigate fitness testing to determine fitness levels.
- Unit 2 Practical Performance in Sport** In this unit you will:
A understand the rules, regulations and scoring systems for selected sports
B practically demonstrate skills, techniques and tactics in selected sports
C be able to review sports performance.
- Unit 3 Applying the Principles of Personal Training** In this unit you will:
A design a personal fitness training programme
B know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training
C implement a self-designed personal fitness training programme to achieve own goals and objectives
D review a personal fitness training programme.
- Unit 4 Leading Sports Activities** In this unit you will:
A know the attributes associated with successful sports leadership
B undertake the planning and leading of sports activities
C review the planning and leading of sports activities.

COURSE ASSESSMENT:

- Unit 1: 25% One hour 15 minutes 60 marks onscreen test
Unit 2: 25% Internal assessment, produce portfolio & video evidence.
Unit 3: 25% Internal assessment, produce portfolio & video evidence.
Unit 4: 25% Internal assessment, produce portfolio & video evidence.

COURSE QUALIFICATION:

Pearson BTEC Level 1/Level 2 First Award in Sport

TEACHER TO SEE FOR GUIDANCE:

MISS D. THOMPSON PE Department

Group

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