

# Sport



## Level 1 / 2 BTEC Award in Sport

### Introduction

This course is delivered over a one year academic period. The Level 1 / 2 BTEC Award in Sport requires learners to complete 4 units of work.

### Equipment

All learners need to provide their own equipment including pens, pencils, paper and an A4 ring binder folder. A data stick and course textbook are also advisable. Suitable sports clothing is also required for practical sessions.

### Teaching and Assessment

The course is taught through a mixture of lessons, practical projects, presentations, educational visits and the completion of Unit Assignments.

Assessment – Each learner is assessed through written work and presentations.

External Exams—  
There is one written exam that is sat in the first half of the year.



## Specification at a glance

### ASSESSMENT:

Students are both internally assessed throughout the course with marks verified by teachers at Southborough. The changes to the curriculum mean that there is now an external written exam.

Distinction \*: equivalent to 1 '8\* GCSE grade.

Distinction: equivalent to 1 '7' GCSE grade.

Merit: equivalent to 1 '5' GCSE grade.

Pass: equivalent to 1 '4' GCSE grade.

The specific practical and critical thinking skills that are developed throughout this course will equip students to enter a career into an increasingly broad range of sports related industries or continue by studying the Level 3 BTEC Extended Certificate in Sport.

### Entry Requirements:

Ideally a pass grade in GCSE English

### Previous knowledge required :

**A basic understanding of Human anatomy and physiology.  
Methods of training and fitness testing.**

### Aims of the BTEC Sport Course

- Develop and progress an interest in sport, training, anatomy and careers in the fitness industry.
- Prepare students for a career in the fitness industry through a variety of theory and practical lessons.
- Develop previous knowledge on anatomy and physiology and relate it to fitness training and exercise.
- Provide students with the ability and skills to study independently and become self sufficient learners.
- To give students the experience of delivering lessons within a sporting context and gaining experience of coaching others.
- To encourage a passion and interest in fitness training, sport and coaching.
- Get students ready for further study in sport either at university or college.
- Get students ready to work in the fitness or health industry.