

Syllabus: PEARSON EDEXCEL SPORTS LEVEL 2 BTEC

Please consult: Mr D Miller

What we aim to do

BTEC Firsts in Sport can help you take your first steps towards a career in sport and fitness. You'll learn essential skills such as training for personal fitness, encouraging sports participation, and organising and leading events and activities.

What we study

Unit 1 – Fitness for Sport and Exercise

- Know about the components of fitness and the principles of training
- Explore different fitness training methods
- Investigate fitness testing to determine fitness levels.

Unit 2 – Practical Performance in Sport

- Understand the rules, regulations and scoring systems for selected sports
- Practically demonstrate skills, techniques and tactics in selected sports
- Be able to review sports performance.

Unit 3 – Applying the Principles of Personal Training

- Design a personal fitness training programme
- Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training
- Implement a self-designed personal fitness training programme to achieve own goals and objectives
- Review a personal fitness training programme.

Unit 5 – The Sports Performer in Action

- Know about the short-term responses and long-term adaptations of the body systems to exercise

Skills needed

Ideally you should take part regularly in extra-curricular activities and should try to play for teams outside of school as this will support your understanding of sport and the leisure industry. Most important of all is that you enjoy this subject as it can be a very exciting course.

How your work will be assessed

Unit 1 is an externally assessed onscreen test that lasts for a 1 hr. Each of the other Units are internally assessed coursework. Theoretical work is directly linked to practical sessions, particularly during Unit 2 & 3. Practical work is not graded based on ability but is an integral part of the course.

What this subject can lead to when you finish Year 11 at The Hollyfield School

There is a natural progression to study Level 3 BTEC Sport at Key Stage 5. There is also A Level PE option.

Possible careers

Sport is big business and the opportunities within the sports industry are now huge. The government is spending huge amounts of money on sport to try and improve the health of the nation as well as keeping the legacy for the 2012 London Olympics. A BTEC in Sport will give you the opportunity to continue your studies in to Key Stage 5, or to study courses in leisure, tourism, personal training, sports injuries, sports journalism, etc. You could also choose to go straight into work within the fitness industry or simply use the course to give you fitness skills for the rest of your life.

Additional information/special requirements

Students must bring in a full clean GCSE PE kit for practical lessons.

Relevant website links for further information on the course/subject

Specification: <https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.html>

Career: <https://nationalcareersservice.direct.gov.uk/advice/planning/LMI/Pages/sportandrecreation.aspx>

<http://www.careers-in-sport.co.uk/>

<http://www.kent.ac.uk/careers/workin/sport.htm>

http://www.prospect.ac.uk/sports_coach_job_description.htm

