

PE at a Glance	
Head of Department	Mr C Underwood
Lessons per fortnight	5
Homework per fortnight	60 mins

Btec in Sport

1. Course & Subject Information

The course is comprised of 4 modules and is 75% controlled assessment with an externally marked exam worth 25%. The Btec sport course is delivered practically and allows students to acquire and demonstrate knowledge in a variety of applied scenarios. Students will gain an understanding of exercise science and how different areas of physical and skill related fitness are defined, tested and developed. They will write and carry out bespoke fitness programmes and gain an understanding of how to train efficiently and effectively. They will also learn about barriers to exercise and develop strategies to overcome these.

In addition to this they will undertake a practical sports performance module, in which they will be assessed in 2 chosen sports. Students will also learn how to analyse and evaluate performance and suggest effective plans for improvement.

The course also gives students the opportunity to acquire skills in leadership, coaching and the development of others. They will plan and carry out a series of coaching sessions in their chosen sport and evaluate their own performance, identifying areas for development.

2. Course/Subject Structure

Unit 1 (Core Unit)	Fitness for sport and exercise <ul style="list-style-type: none"> Understand the components of fitness and principles of training Explore different fitness training methods Investigate fitness testing to determine fitness levels
Unit 2 (Core Unit)	Practical sports performance <ul style="list-style-type: none"> Understand rules, regulations and scoring systems for selected sports Practically demonstrate skills, techniques and tactics in selected sports Develop the ability to review sports performance
Unit 5	Training for personal fitness <ul style="list-style-type: none"> Design a personal fitness training programme Understand exercise adherence factors and strategies for success Design, implement and review a personal fitness training programme
Unit 6	Leading sports activities <ul style="list-style-type: none"> Investigate the attributes associated with successful sports leadership Undertake the planning and leading of sports activities. Review sessions and identify areas for development

3. Recommended texts or websites to support home learning

http://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.html#parsys_color_649

4. Specialist Equipment/Materials Required if applicable

Students should come to every lesson with full PE kit appropriate for either indoor or outdoor activities.