

Name of course: BTEC Sport
Examination board: Edexcel
Faculty Leader: Mr J Smith
Faculty Leader email: j.smith@decschool.co.uk

How the course is assessed:

The course comprises of 4 units. Unit 1 will be an external exam. Units 2, 3 & 6 are coursework based. Assignments are completed under controlled assessment conditions. Students build knowledge in preparation for the assignments and then have a set period of time to produce the final piece of course work for assessment. Work can be formally assessed once with an opportunity for feedback.

Outline of course:

During the academic year each student will undertake a minimum of six physical activities. Over the 3 year course pupils will complete the following units:

Unit 1: Fitness for Sport and Exercise. This looks at the components of fitness, fitness testing, the principles of training and methods of training.

Unit 2: Practical Sports Performance. This looks at skills and tactics in sports, performance analysis, and detailed rules and regulations.

Unit 3: Applying the Principles of Personal Training. This looks at personal information for fitness training, how to plan and conduct a 6-week fitness program, and a detailed review.

Unit 6: Leading Sports Activities: This looks at the attributes of effective leaders, planning and leading a sports activity and reviewing a sports activity.

Potential career pathways that could lead on from this course:

- PE Teacher
- Sports Coach
- Fitness Instructor
- Sports Therapist
- Exercise Physiologist
- Sports Dietician
- Sports Scientist
- Ground Facility Operative

