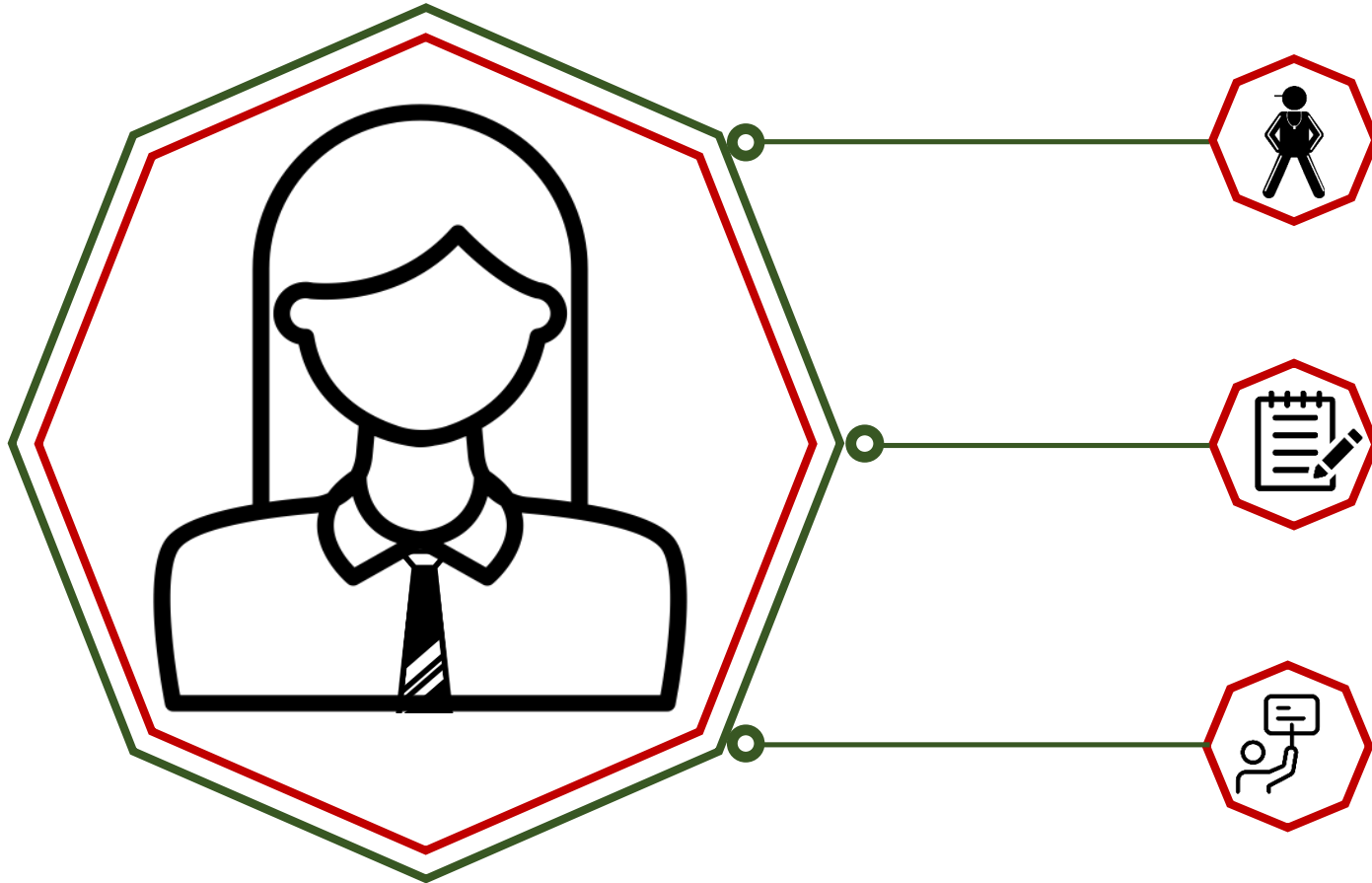




# BTEC FIRST (AWARD)

## SPORT

### Course Overview



### PREPARES YOU FOR A CAREER IN SPORT

This course will place you in the position of a different careers in sport e.g., sports coach, personal trainer, sports analyst

### REAL LIFE ASSESSMENTS

This course will set assessments and activities which you will undertake based on real life work related careers in sport e.g. personal trainer

### TEACHING TASKS

These tasks will be done in class to help research and prepare for your assessments

75% Coursework (Written)

25% Exam

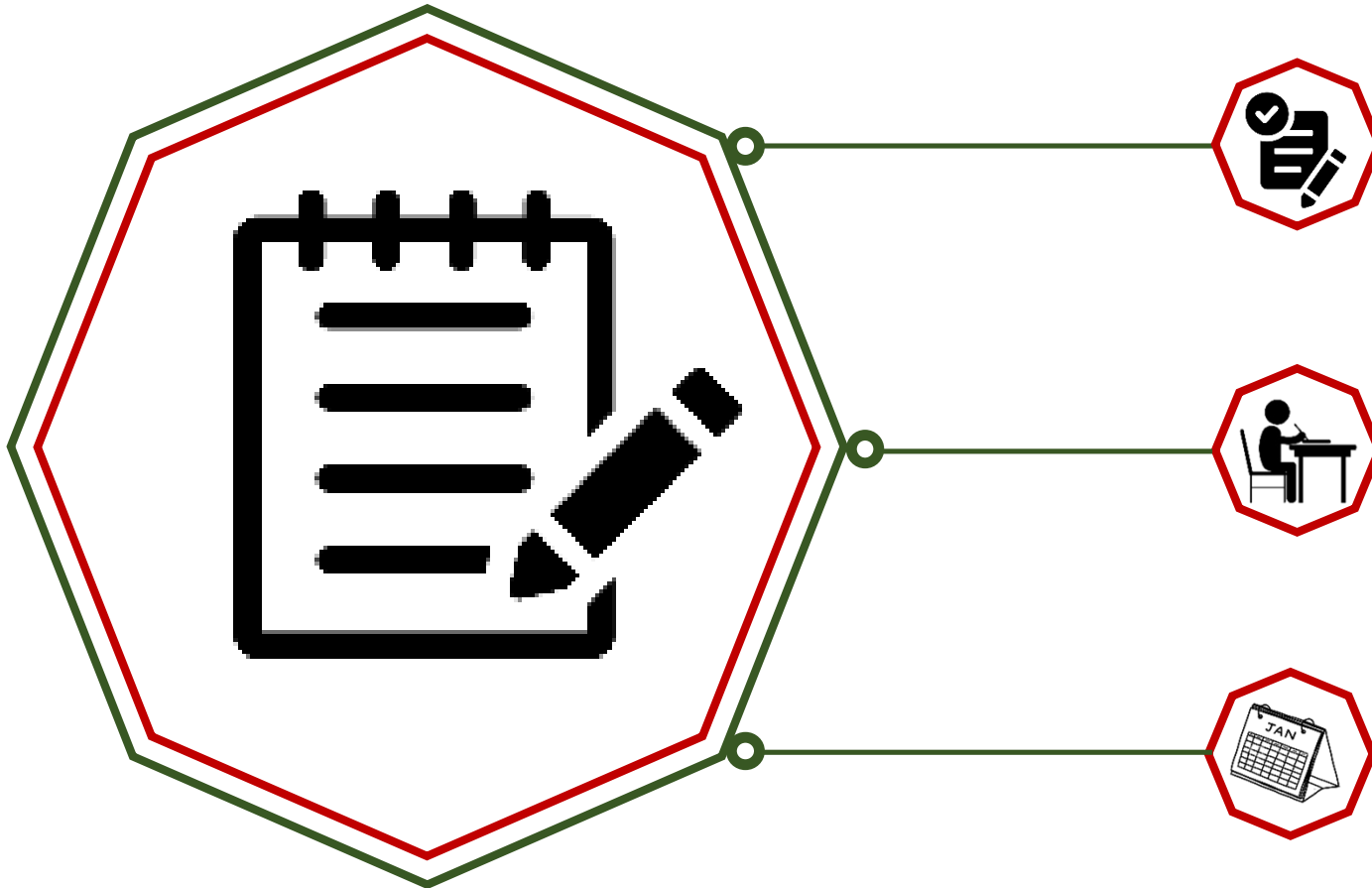
0% Practical



# BTEC FIRST (AWARD)

SPORT

Assessments



## ASSESSMENTS

You will cover at least NINE pieces of COURSEWORK which are WRITTEN and ESSAY based – therefore you must have an interest in both English, PE and Sport.

## UNITS OF WORK

This course will cover FOUR units of work. Three of which will be COURSEWORK and account for 75% of your grade, and one will be an EXAM which will account for 25% of your grade.

## ORGANISATION / MEETING DEADLINES

Due to the large volume of coursework, it is important you are organised and use class time effectively to fully complete assessment tasks.



# BTEC FIRST (AWARD)

## SPORT

### Units of Work – Learning Journey

**YEAR  
9**

In this unit you will:

- Understand the rules, regulations and scoring systems in different sports.
- Practically demonstrate skills, techniques and tactics in different sports.
- Review sports performance.

**PRACTICAL  
PERFORMANCE  
IN SPORT**

**YEAR  
10**

In this unit you will:

- Design a personal fitness training programme.
- Implement your personal fitness training programme.
- Review your personal fitness training programme.

**PRINCIPLES OF  
PERSONAL  
TRAINING**

**YEAR  
10**

In this unit, you will:

- Know the attributes of successful sports leaders.
- Plan and lead sports activities.
- Review the planning and leading of a sports activity.

**LEADING  
SPORTS  
ACTIVITIES**

**YEAR  
11**

In this unit, you will:

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

**FITNESS FOR  
SPORT &  
EXERCISE**



# BTEC FIRST (AWARD)

## SPORT

### Expectations

#### SPORTS CLUBS

Represent the school in a sports club or any outside sports club - this will help with your knowledge in the subject



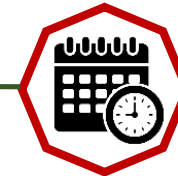
#### POSITIVE ATTITUDE / EFFORT

You should maintain effort levels in all class and homework



#### ORGANISED

There are NINE pieces of coursework to complete,, so you must meet deadlines and attempt all assessment tasks



#### GOOD LEVEL OF UNDERSTANDING

Currently achieving a level five or above in English - this course has 75% coursework (essay based)



#### LEADING OTHERS

You should have an interest in being able to lead others in a sports activity



#### ANALYSING SPORTS PERFORMANCE

You should have an interest in being able to analyse your own and others performance in a variety of sports



# BTEC FIRST (AWARD)

## SPORT

### Employability Skills

#### INFORMATION TECHNOLOGY

You will continue to develop how to use different sources of IT to construct your assessments as well as the internet



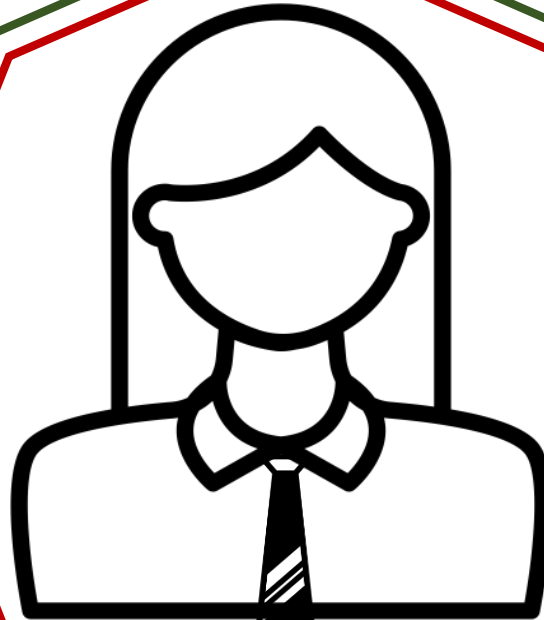
#### COMMUNICATION

You will continue to develop your ability to produce clearly structured written work, as well as verbal communication with others



#### PROBLEM SOLVING

You will develop the ability to analyse circumstances and apply creative thinking to develop solutions



#### SELF-MANAGEMENT

You will develop readiness to improve your own performance, accepting responsibility for your learning



#### TEAMWORK

You will develop the ability to contribute to class discussion, be able to negotiate / persuade others, as well as respect them



#### BUSINESS AWARENESS

You will develop the basic elements of the drive to business success

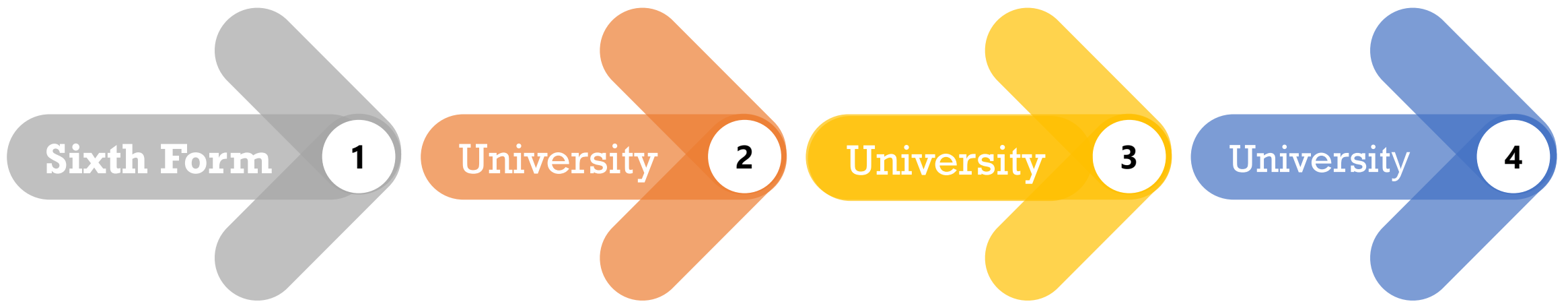




# BTEC FIRST (AWARD)

SPORT

Further and Higher Education



Sixth Form

1

University

2

University

3

University

4

## FURTHER EDUCATION

Level 3 BTEC National in Sport / Sport and Exercise Science.

## DEGREE IN SPORT

For example: sport and exercise science, sports therapy, sports psychology

## POSTGRADUATE

For example: education, sport management, sport rehabilitation

## MASTERS DEGREE

For example: strength and conditioning, education, sports science, sport studies



# BTEC FIRST (AWARD)

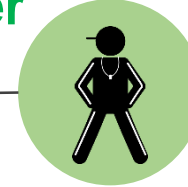
SPORT

Careers in Sport



Sports Psychologist

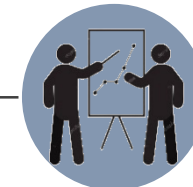
PE Teacher



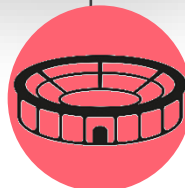
Sports Commentator



Sports Analyst



Sports / Leisure Centre Manager



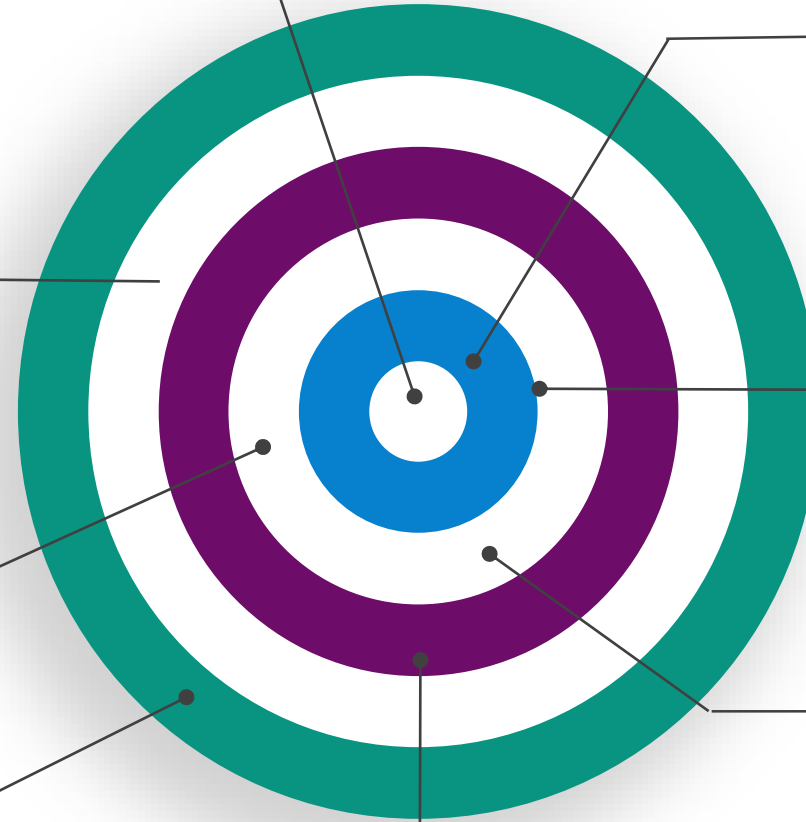
Sports Coach



Sports Nutrition



Sports  
Therapist /  
Physiotherapist





# BTEC FIRST (AWARD)

## SPORT

### Student Profiles



**Further Education**  
Barking Abbey School  
Level 3 Diploma in Sport  
and Exercise Science  
**Higher Education**  
St Mary's University  
BSc (Hons) Sports  
Science  
University of East London  
PGCE (Education)

**PE TEACHER**

**Further Education**  
Barking Abbey School  
Level 3 Diploma in Sport  
and Exercise Science  
**Higher Education**  
Bath University  
BSc Sport and Exercise  
Science

**PROFESSIONAL  
ATHLETE**

**Further Education**  
Barking Abbey School  
Level 3 Diploma in Sport  
and Exercise Science  
**Higher Education**  
University of  
Hertfordshire  
BSc (Hons) Sports  
Therapy

**SPORTS THERAPIST**

**Further Education**  
Barking Abbey School  
Level 3 Diploma in  
Sport and Exercise  
Science

**PROFESSIONAL  
ATHLETE**