



Course Description for BTEC Level 2 Sport Award

Course Outline

This programme allows you to gain a qualification equivalent to 1 GCSE whilst studying a number of aspects related to performance in sport and the sports industry.

What skills/attributes are required for the course?

- An interest in sport and exercise
- Enjoyment in taking part in sport and exercise
- Enjoyment in leading and organising sporting activity
- Self-motivation/discipline
- Good organisation skills to meet deadlines
- Can take responsibility for own learning and work independently

The course is delivered through a mixture of teacher led classroom and practical activity. A variety of learning environments are used including the gym, sports hall, sports field, and classroom, and the course includes out of school experiences.

Over the two year programme you will be required to complete four modules. Teachers will guide candidates into the most appropriate modules/units for success.

You must be a person who can work to deadlines and complete work to a high standard throughout the two years. The emphasis is on continuous assessment and this will therefore reflect your overall grade. There is no final exam, although one unit is externally assessed and is completed via an online test. The other three units are coursework based, and all four are added together to form the overall grade.

The course also allows you to investigate theoretical elements of sport through both a practical and classroom setting and so is not focused directly on your ability to perform.

Recent developments within the course have seen the inclusion of one examined unit comprising 25% of the overall grade. The remaining 75% is coursework based, and the combination of the two methods of assessment allows learners maximise their potential up to grade Distinction * level.

BTEC Level 2 Award Structure:

Core Units which must be completed

Fitness for Sport & Exercise (Externally Assessed)

In this unit you will:

- learn about the components of fitness and the principles of training
- explore different fitness training methods
- investigate fitness testing to determine fitness levels

Practical Sports Performance

In this unit you will:

- 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

Optional Units (Two to be selected from this list by the teacher)

The Mind & Sports Performance

In this unit you will:

- A. investigate personality and its effect on sports performance
- B. explore the influence that motivation and self-confidence have on sports performance
- C. know about arousal and anxiety, and the effects they have on sports performance

The Sports Performer in Action

In this unit you will:

- A. know about the short-term responses and long-term adaptations of the body systems to exercise
- B. know about the different energy systems used during sports performance

Training for Personal Fitness

In this unit you will:

- A. design a personal fitness training programme
- B. know about exercise adherence factors and strategies for continued training success
- C. implement a self-designed personal fitness training programme to achieve own goals and objectives
- D. review a personal fitness training programme

Leading Sports Activities

In this unit you will:

- A. In this unit you will:
- B. know the skills, qualities and responsibilities associated with a sports leader
- C. be able to plan and lead an activity session
- D. be able to review their planning and leadership of a sports activity
- E. be able to assist in the planning and delivery of a sports event

Assessment

You will complete assignments for the three internally assessed units, and the externally assessed unit will be completed via an online test. The methods of assessment will vary across the course to include written work, oral presentations, designing of posters, practical sessions and work experience observations. All candidates will receive a pass, merit or distinction for each completed unit.

Additional Opportunities

Throughout the course you will have the opportunity to undertake a sports coaching qualification, the Level 2 Sports Leader's Award, as well as participate in visits to sporting venues, practical activities and work experience in the local community.

Post 16 Progression

The BTEC Level 2 Award in Sport can lead to a number of opportunities. Candidates can move to post 16 study of the BTEC National Diploma in Sport or AS/A2 Level in Physical Education, both of which we offer in Birchwood College. In addition, the qualification can also assist candidates to achieve employment in the industry of sport fitness and coaching.