

SPORT (Technical Qualification)

AIMS AND CONTENT

BTEC Level 2 First Award in Sport is a high-quality work-related qualification, offering a unique progression and career opportunities for students who wish to work in the sport and leisure sector. Highly transferable and recognised by employers, colleges and universities, BTEC qualifications are suitable for anyone who wants to take sport seriously. The qualification prepares young people for careers in the sports sector.

ASSESSMENT

The BTEC Level 2 First Award in Sport Course consists of 75% Internal Assessment (through assignment based evidence) and 25% External Assessment (through an online exam set by the board).

The assignments allow the student to demonstrate they have skills and knowledge to achieve a Level 1 Pass, Level 1 Merit, Level 1 Distinction, Level 2 Pass, Level 2 Merit, Level 2 Distinction and Level 2 Distinction* Grade.

At the end of the course, the student's assignment grades are placed together to determine the overall grade for their qualification.

Students will complete 4 units of work to achieve their qualification.

Unit - Content Method of Assessment Fitness for Sport and Exercise

In this unit learners will:

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

This unit is externally assessed using an onscreen test. Edexcel sets and marks the test. The test lasts for one hour and has 50 marks.

Unit - Practical Sports Performance

In this unit learners 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.

This unit is assessed internally through assignment based evidence and externally verified by Edexcel.

Unit - Training for Personal Fitness

In this unit learners will:

- Design a personal fitness training programme
- Know about exercise adherence factors and strategies for continued training success
- Implement a self-designed personal fitness training programme to achieve own goals and objectives
- Review a personal fitness training programme.

This unit is assessed internally through assignment based evidence and externally verified by Edexcel.

Unit - Leading Sports Activities

In this unit learners will:-

- Know the attributes associated with successful sports leadership
- Undertake the planning and leading of sports activities
- Review the planning and leading of sports activities.

This unit is assessed internally through assignment based evidence and externally verified by Edexcel.

Summary

The qualification is equivalent to 1 GCSE and offers a direct progression on to BTEC Level 3 Certificate in Sport. The qualification also offers the learners an opportunity in the leisure sector for employment.

Career Value

The leisure industry is the major growth industry in the world at present and new jobs and environments are being created daily. A qualification in sport and health can be a stepping stone to a number of different career paths.

