



DRAYTON MANOR HIGH SCHOOL

YEAR 10 & 11 COURSES

Subject	Sport
Course Level	BTEC First Award Level 1/Level 2
Examining Body	Pearson BTEC

What will I be studying?

Unit 1 – Fitness for Sport and Exercise

Unit 2 – Practical Performance in Sport

Unit 3 – Applying the Principles of Personal Training

Unit 4 – The Sports Performer in Action

What skills will I develop?

- Communication
- Leadership
- Teamwork
- Employability
- English
- Mathematics
- Organisation
- Planning

How will the course be structured?

Unit 1 – Fitness for Sport and Exercise

- Components of fitness; Principle of Training
- Fitness training methods; fitness testing

Unit 2 – Practical Performance in Sport

- Roles (performer/official); regulations and scoring Systems (2 sports)
- Practically demonstrate skills; techniques and tactics; review performance;

Unit 3 – Applying the Principles of Personal Training

- Apply the principles of training and safety to help design a fitness training programme
- Musculoskeletal and cardiovascular systems
- Implement your personalised fitness training programme; review

Unit 4 – The Sports Performer in Action

- Short-term responses and long-term adaptations of the body systems to exercise,
- know about the different energy systems used during sports performance

How will I be assessed?

Externally – 1hr 15min On Screen Exam (25%) (1 resit Opportunity)

Unit 1 - Fitness for Sport and Exercise

Internally – Controlled Assessment (75%) (written work; practical performance; verbal presentations; video evidence; project work; scenario based tasks; diary/log)

Unit 2 - Practical Performance in Sport

Unit 3 - Applying the Principles of Personal Training (internal synoptic assignment)

Unit 4 - The Sports Performer in Action

Level 2 learners are graded a Pass; Merit; Distinction or Distinction*. Qualification title; units studied and the qualification number will appear on each learners final certificate.

Where can I find out more? If you have any further questions about taking this course:

1. Speak to Head of PE – Ms Paine; Deputy Head of PE – Mr Bowman or Your PE teacher
2. Visit: https://qualifications.pearson.com/content/dam/pdf/BTEC-Firsts/Sport/2012/Specification-and-sample-assessments/9781446936368_BTECFIRST_AWD_SPORT_SPEC_ISS4.pdf