

## SPORT - BTEC LEVEL 2 FIRST AWARD IN SPORT

### The Course

The BTEC Level 2 First Award in Sport provides an engaging and relevant introduction to the world of sport through theoretical and practical study. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, practical sports performance and sports leadership. It enables you to develop and apply your knowledge, while also developing a range of relevant practical, communication and technical skills and understanding the importance of a healthy active lifestyle.

The qualification is the same size and level as a GCSE. It is aimed at everyone who wants to find out more about the sports industry and possibly progress into that field for further study and work.

You will study four units, covering the underpinning knowledge and skills required for the sports sector. One unit (Fitness for sport and exercise) is externally assessed and the three other units are internally assessed through coursework.

### Assessment

The units are:

- Fitness for sport and exercise (externally assessed unit) – In this unit you will develop an understanding of the components of fitness, fitness tests and how they are conducted, and training methods to help improve fitness and performance.
- Practical performance in sport – This unit involves understanding the rules and regulations of a selected sport, practical performance in sport, and identifying strengths and areas for improvement in order to develop sports performance.
- Applying the principles of personal training – In this unit you will develop an understanding of the short and long term effects of exercise, design and implement your own training programme, and carry out a review of your training programme.
- Leading sports activities - This unit focuses on the role of the coach and the qualities required to be a successful sports coach. You will design and carry out a coaching session, then review the session identifying strengths and areas for development in order to improve in your role as a coach.

*Education to understand the world and change it for the better*

## Potential Pathways

As well as being the ideal preparation for the BTEC Level 3 National Extended Certificate or National Extended Diploma in Sport, both of which can be studied in the Sixth Form at Thomas Tallis, the BTEC Level 2 First Award in Sport prepares students for any Sport specific courses in Sixth Form colleges. The course is vocational and develops the transferable skills and key skills that employers are looking for and can lead to a wide variety of employment opportunities. This can include going on to further study in degree courses in areas such as recreational management, leisure activities, sports coaching, physiotherapy, sports nutrition, officiating, the fitness industry, teaching, the armed forces and civil service, or progressing to an apprenticeship.