



Pearson BTEC Level 1/Level 2 First Award in Sport

Course Details:

Exam Board: Pearson

Percentage of the course that is internally assessed: 75%

Percentage of the course that is an external exam: 25%

What does the qualification cover?

This course provides an engaging and broad introduction to the world of sport. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, the psychology of sport, practical sports performance and sports leadership. It will enable you to develop and apply your knowledge in situations which show an understanding of how the body works during activity, while also developing a range of relevant practical, communication and technical skills.

The qualification is 120 GLH and level 1/level 2, which is the same size and level as a GCSE, and is aimed at everyone who wants to develop their understanding of different areas within the sports industry.

You will study the following three mandatory units, covering the underpinning knowledge and skills required for the sports sector:

- fitness for sport and exercise
- practical sports performance
- applying the principles of personal training.

You will build on the knowledge gained in the mandatory units by choosing one further unit, covering areas such as:

- the mind and sports performance
- the sports performer in action
- leading sports activities.





How will I be assessed?

You will carry out tasks/assignments throughout the course. Your teacher will assess and mark these, and so you will receive feedback as to how you are getting on.

The assessment for Unit 1: Fitness for Sport and Exercise is an onscreen test which is marked by Pearson.

For the assessment for Unit 3: Applying the Principles of Personal Training, you will be able to draw on the knowledge, skills and understanding you have developed in the qualification as a whole.

Where will this take me?

If you are interested in taking your study of sport further, the subject-specific knowledge and skills outlined above, which you will develop through studying this qualification, will give you a strong foundation for academic or vocational study at level 3, such as a BTEC Level 3 National in Sport, an A level in Physical Education, or an apprenticeship.

Pearson also offers three larger sizes of the BTEC Level 1/Level 2 First in Sport aimed at post-16 students and to which you could progress.

What other subjects go well with sport?

This qualification is designed to be taken as part of a broad and balanced curriculum at Key Stage 4. It will sit particularly well alongside GCSEs in EBacc subjects (including biology), GCSEs in creative subjects (such as drama, music and art) and/or other Technical Awards (e.g. BTEC Health and Social Care, BTEC Enterprise or BTEC Digital Information Technology) to provide both curriculum breadth and the skills you need to make informed choices about study post-16.

Qualification structure



This qualification is taught over 120 guided learning hours (GLH). It has mandatory and optional specialist units.

These units include:

- three mandatory units (totalling 90 GLH)
- one optional specialist unit (totalling 30 GLH).

This BTEC First Award has units that your centre assesses (internal) and an examination that Pearson sets and marks (external).

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Unit	Mandatory units	Assessment method	GLH
1	Fitness for Sport and Exercise	External	30
2	Practical Performance in Sport	Internal	30
3	Applying the Principles of Personal Training	Internal Synoptic	30
Optional specialist units			
4	The Mind and Sports Performance	Internal	30
5	The Sports Performer in Action	Internal	30
6	Leading Sports Activities	Internal	30

The skills you need for a career in Sport



Max Whitlock
Olympic gymnast, world
champion, BTEC ambassador

Coach

- ↳ Motivational skills
- ↳ Good physical fitness
- ↳ Interpersonal skills
- ↳ Good communication



Sports Nutritionist

- ↳ Research and reporting
- ↳ Good communication
- ↳ Empathy
- ↳ Time-management



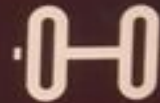
Sports Manager

- ↳ Organisational skills
- ↳ Decision-making
- ↳ Strong leadership skills
- ↳ Confident communication



Personal Trainer

- ↳ Excellent people skills
- ↳ Analytical skills
- ↳ Time-keeping and organisational skills
- ↳ Good communication



Sports Scientist

- ↳ Comfortable with technology
- ↳ Interpersonal skills
- ↳ Attention to detail
- ↳ Communication

