

# BTEC SPORT 2022-23



## Course content summary - Provision for study in the Pearson BTEC Level 1/Level 2 First Award in Sport

<b>Mandatory units</b>	The mandatory units in this qualification ensure that all learners will develop: <ul style="list-style-type: none"><li>• Knowledge that underpins learning in other units in the qualification – <b>Unit 1: Fitness for Sport and Exercise</b></li><li>• Practical and vocational skills – <b>Unit 2: Practical Performance in Sport</b></li><li>• Synoptic knowledge, understanding and practical vocational skills - <b>Unit 3: Applying the Principles of Personal Training.</b></li></ul>
<b>Specialist unit</b>	<ul style="list-style-type: none"><li>• Develop general work-related skills: <b>Unit 6: Leading Sports Activities, learners develop sports leadership skills</b> through delivering components of sports sessions and whole activity sessions.</li></ul>

Class have already completed: Unit 2: Practical Performance in Sport and Unit 3: Applying the Principles of personal training. They are currently working on the external examination Unit 1: Fitness for Sport and Exercise.

### Learning aims and Unit content for Unit 1: Fitness for Sport and Exercise – EXAM UNIT – EXTERNALLY MARKED

**Learning aim A: Know about the components of fitness and the principles of training**

**Learning aim B: Explore different fitness training methods**

**Learning aim C: Investigate fitness testing to determine fitness levels**

### Contact me

Please feel free to contact me as Head of Department or Miss Rennison their classroom BTEC SPORT teacher, if you have any concerns or questions – [scooper@alns.co.uk](mailto:scooper@alns.co.uk) (Head of Department) or [srennison@alns.co.uk](mailto:srennison@alns.co.uk) (Teacher of PE and Year 11 BTEC SPORT teacher)