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FRIENDSHIP  
EXCELLENCE  
INSPIRATION  
DETERMINATION

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# Year 9 Curriculum Information Evening

**Subject:**

**BTEC SPORT**

**Subject Leader:**

**Mr Williams (Temporary)**

**Mrs Heighway**

# What you will learn

## The Course

The course run at Erasmus Darwin Academy is the Edexcel BTEC Level 2 First Award in Sport. In order to complete the course students will be required to complete 4 units of work. These units are likely to be:

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BTEC Unit	How the unit is assessed	What you will learn in the unit
<p><b>Unit 1:</b> Fitness for sport and Exercise</p>	<p>Online Examination</p>	<p>The Components of Fitness, Components of Skill-Related Fitness, FITT Training Principles, Requirements &amp; Additional Requirements of effective Training Methods and Testing Methods for Flexibility, Strength, Muscular Endurance, Power, Aerobic Endurance &amp; Speed.</p> <p>You will also be taught how to interpret fitness test result data effectively and learn about how the data informs coaches and performers on fitness levels.</p>
<p><b>Unit 2:</b> Practical Sports Performance</p>	<p>Internal Assessment</p>	<p>The rules, regulations, scoring systems and their application in a team and individual sport. The officials and their roles and responsibilities in both a team and individual sport The skills, techniques and tactics of a team and individual sport and how physical fitness affects performance of these.</p> <p>How to observe and analyse performance in sport effectively.</p>
<p><b>Unit 3:</b> Applying the Principles of Personal Training</p>	<p>Internal Assessment</p>	<p>How to gain the required information from a client when designing a training programme for them. How to design effective training programmes applying the principles introduced to you. What they key components of the Musculoskeletal system and the Cardiorespiratory system are and the impact training programmes have on these.</p> <p>How to design, monitor and implement a training programme for a specific client with specific needs or focus. How to test and analyse results to inform planning and the success of the training programme you design and run for a client.</p>
<p><b>Unit 6:</b> Leading Sports Activities</p>	<p>Internal Assessment</p>	<p>The attributes associated with successful sports leaders. The planning involved in running successful sports sessions How to lead effective sports sessions How to analyse the success of sports sessions.</p>

# How you will be assessed

**Unit 1 is assessed through an online exam.**

This exam can be taken twice

In the other units, **work is all coursework based.**

**Assessments in these units** will take many forms, varying from something as simple as being recorded in a sports match, carrying out fitness tests and exercise sessions, producing posters, giving presentations to a class, group discussions, as well as written assignments.

Grades awarded in a BTEC subject are based upon equivalencies to GCSE grades. Assignments will be assessed against the criteria set out by Edexcel and students have the possibility of achieving the following:

BTEC Grade	GCSE Equivalent	Formerly
Level 1 PASS	3	D
PASS	5	C
MERIT	6	B
DISTINCTION	7	A
DISTINCTION *	8/9	A*

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# Why study BTEC Sport

The aims of this course are to allow students who are passionate about sport the opportunity to enhance their application and appreciation of the key skills required to thrive and excel in society and the work place.

This fantastic vocational qualification will give students the tools they require to be able to perform well in many establishments and at the same time develop their knowledge, understanding and appreciation on a wide variety of important areas of sport. This course provides an excellent foundation to go on to study sport at college or university, as it treats you like a university student where assignments are set and deadlines have to be met with the guidance given to you throughout.

This course also gives our students fantastic opportunities to gain key life skills and opportunities. During the course students will be given many opportunities to display and develop their leadership, self-,management, time-management and inter personal skills but to name a few. These skills are the foundation and key in so many professions and what a fantastic opportunity to develop these at such an early age.

BTEC Sport is the course for you if:

- You have an interest and passion for sport, but **do not compete regularly** either inside or outside of school.
  - You do not compete in **at least three sports regularly** and at a good level.
  - An **online exam** format would suit you better than a written exam.
- You would benefit from a **variety of assessment** methods completed as coursework units.
  - You have an interest in **coaching or leadership** in sport.

# Post 16 Opportunities

Students completing this course will be given the key skills required to excel and go onto sixth form to complete a **BTEC National Diploma in Sport**.

Completing this course will then open the doorway to:

- college or university to complete degree courses in possibly Sports Studies, Sports Coaching, Sports Massage, Public Services, Personal Training and even Teaching.
  - Personal Training
  - Sports Coaching

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# Questions

