



BTEC First Award in Sport

With a BTEC First Award in Sport pupils will explore a range of aspects relating to Sport, including fitness testing and training, the psychology of sport, practical sports performance and sports leadership.

It is important that students understand the percentage of theory during this course, the breakdown is listed below. **Do not choose this subject if you think it will be practical every lesson, there are a lot of classroom lessons.**

Unit	Assessment	Content overview
Unit 1: Fitness for Sport and Exercise	⌚ Written examination: 1 hour ❖ 25% of the qualification	🏹 Components of Fitness 🏹 Principles of Training 🏹 Fitness Training Methods 🏹 Fitness Testing
Unit 2: Practical Performance in Sport	❖ Internally assessed assignments ❖ 25% of the qualification	🏹 Rules, Regulations and Scoring systems for sports 🏹 Practical skills, techniques and tactics 🏹 Review of sports performance
Unit 3: Applying the Principles of Personal Training	❖ Internally assessed assignments ❖ 25% of the qualification	🏹 Personal fitness training programmes 🏹 Musculoskeletal system 🏹 Cardiorespiratory system 🏹 Goals and Objectives 🏹 Review of personal training programme
Unit 4: Optional Unit The Mind and Sports Performance The Sports Performer in Action Leading Sports Activities	❖ Internally assessed assignments ❖ 25% of the qualification	🏹 Will be chosen based on the pupils interests in the class