

BTEC Tech Award in Sport

Examination Board:

Pearson

Director of Learning:

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Why study Sport?

For those who are interested in sport or for those planning a career in sport this is an ideal first step. The course is aimed at able and motivated sports performers who are interested in developing their knowledge and understanding of the sporting environment. This course supports students who want to improve their own performance levels and have an interest in how to do this. It is also a good choice for students with an interest in sports leadership, personal training, and coaching.

The course has a good mix of practical and theory lessons to enhance a student's understanding of the course content and prepare them effectively to meet the assessment outcomes. Students will develop an appreciation of the benefits physical activity has on an individual and the way technology contributes to participation and performance. The range of topics covered provides many opportunities for progression in many different sport-related disciplines.

Throughout this course students will also develop life-long skills, both in and away from sport, including communication skills, teamwork, independence, self-confidence, and resilience.

Possible next steps (including careers)

Level 3 BTEC or A-Level qualifications in 6th Form or College. The qualification has specific links with Sport and Biology courses.

Apprenticeships in the sport industry.

University degrees in: Sport, Coaching, Physical Education, Physiotherapy, Sports Psychology, Sports Nutrition

Careers: Sports Coach, Physiotherapist, Sports Psychologist, PE teacher, Sports Journalist, Personal Trainer, Events Management, Data Analyst

Aptitudes needed

You must be willing to bring kit and participate fully in practical lessons. You will need to be organised and plan the use of your time well to be able to meet deadlines. You need knowledge about several different team and individual sports and be able to perform and coach skills in these sports. You should be playing at least one sport outside of school regularly. It is important you have good literacy skills to meet the demands of the coursework tasks. You need to be confident leading independently in front of others. It is a requirement that practical performance and leadership sessions are filmed for moderation. This is an academic qualification therefore the majority of work and assessments are theory based.

Topic Structure**Preparing Participants to Take Part in Sport and Physical Activity (Component 1)**

Lessons will explore the different types of provision in sport, the benefits of exercise and potential barriers. The unit also looks at how technology has an impact on sport. Students will create and lead a warm up to prepare others for exercise.

Taking Part and Improving Other Participants Sporting Performance (Component 2)

Students will learn about the components of fitness and apply these accurately to different sports. They will know the roles and responsibilities of officials and rules in selected sports. Students will perform in a selected sport, and plan and deliver drills to others to improve performance.

Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity (Component 3)

Students will understand why and how to carry out a range of fitness tests and be able to analyse the results. They will apply training methods accurately to different components of fitness, while considering the principles of training and the effects of this on the body.

Assessment Structure**Component 1**

PSA- Coursework assignment

30% of final grade

60 marks available

Assessment window- Year 10 January-May

Component 2

PSA- Coursework assignment

30% of final grade

60 marks available

Assessment window- Year 11 September- December

Component 3

Examination

40% of final grade

60 marks available

90 minutes

Sat during May in Year 11

Additional Information

As part of the assignment tasks, students will complete written reports, PowerPoint presentations and session plans. They will also practically lead a warm up, a skills session, and perform in a selected sport to demonstrate skills in conditioned practices and competitive situations.