

# BTEC Tech Award in Sport

**Examination Board:**

Pearson

**Director of Learning:**

Matthew Roach

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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 6<sup>th</sup> 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**

Competent in the use of Microsoft Word and PowerPoint alongside good literacy skills to create coursework which makes up a large proportion of the course.

A passion for physical activity alongside regularly participating in at least one sport in and outside of school.

Confidence to lead independently in front of others.

**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 coursework based on the different provision for sport and create and lead a warmup 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 create coursework based on the different components of fitness and their role in physical activity, the roles and responsibilities of officials in sports and 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.