



## Course Information – September 2011

**Course Title**

BTEC First Extended Certificate in Sport

**Level**

2

**Awarding Body**

Edexcel

**What is the content of the course?**

**Year 10 Course content:**

Unit 1. **Fitness Testing and Training** – Demonstrate an understanding of the fitness and training requirements necessary to achieve excellence in sport. Identify lifestyle factors that affect training and performance. Assess their own level of fitness. Understand the effects of psychological factors on sports training and performance.

Unit 2. **Practical Sport** - Demonstrate a range of skills, techniques and tactics in selected sports. Show an understanding of rules, regulations and scoring systems within selected sports. Explain the roles and responsibilities of officials in selected sports. To be able to review sports performance.

**Year 11 Course content**

Unit 5 – **Anatomy and Physiology for Sport** – Know the different types of injuries and illness associated with sports participation. To be able to deal with injuries and illnesses associated with sports participation. Know the risks and hazards associated with sports participation. To be able to undertake a risk assessment relevant to sport.

Unit 7 – **Planning and Leading Sports Activities** – Know the skills, qualities and responsibilities associated with successful sports leadership. To plan, lead and review an activity session. To assist in the planning and leading of a sports event. To review the planning and leadership of a sports event.

**How is the course assessed?**

	%	Details:
End of course exams	0	
Modular exams	0	
Controlled Assessment	0	

Portfolio

100

**4 units to complete with around 2 – 3 assignments per unit.**

**How is this course delivered?**

The course is delivered using a variety of different teaching styles including case studies, visits to leisure and sports facilities, discussions, observation work, group work, and independent research using newspapers, textbooks, and the internet.

**What are the entry requirements?**

Students will need to have good literacy and some proficiency in using ICT.

**What skills are useful for success on this course?**

It is essential that students have a keen interest in sport and physical activity and regularly take part in sport outside of school. In addition students also need to be able to work independently and in groups. They need to be able to use initiative to solve problems and be good at managing their time and workload.

**What opportunities will success on this course give me?**

This qualification lays an appropriate foundation for further study of BTEC Sport Level 3. It is useful for careers within the leisure industry including coaching, gym instructor and officiating. Furthermore sports retail and sports journalism.