

BTEC Option: BTEC Level 1/Level 2 First Award in Sport

Contact: Mr S. Thomas – Head of PE

Course Structure & Overview

Exam Board: EDEXCEL
Syllabus: 600/4779/3

Unit 1: Fitness for Sport and Exercise On Screen Exam: 1 Hour
Unit 2: Practical Sports Performance Assignment Based
2 further units selected from optional specialist units Assignment Based

If like many people you enjoy sport, physical activity and keeping fit and if you have an interest in how the body works and develops in terms of fitness and how we can make the most of our skills and abilities then BTEC Physical Education is a course for you. The qualification blend together opportunities for students to develop their physical skills and levels of physical fitness with the development of the knowledge and understanding of scientific theory in areas such as biology, physiology, psychology and sociology. The BTEC route offers a qualification that is the equivalent to GCSE using an assessment method which is based more on ongoing, regular assessments throughout the whole course rather than large formal exam at the end of the second year.

Course Content

The BTEC Award requires the successful completion of 4 units:

Core Units (must be completed)

Unit 1: Fitness for Sport and Exercise - Externally assessed exam
Unit 2: Practical Sports Performance - Internally assessed

Optional specialist units (2 units from the following) - Internally assessed

Unit 3: The Mind and Sports Performance - Internally assessed
Unit 4: The Sports Performer in Action - Internally assessed
Unit 5: Training for Personal Fitness - Internally assessed
Unit 6: Leading Sports Activities- Internally assessed

Skills Developed

BTEC Award in Sport builds on the understanding developed at Key Stage 3, supporting a smooth transition to the next level of study. It encourages learners to become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. It also helps students develop important transferable skills for progression to the next level, including numeracy, communication and an understanding of practical performances. The blend of scientific and social knowledge positions candidates to access a range of qualifications.

Progression Routes

The BTEC Level 1/Level 2 First Award in Sport provides a good foundation for learners in post-16 education, or to entry level job roles within the sector. Achievement at level 2 provides a suitable foundation for further study within the sector through progression on to other vocational qualifications, such as BTEC Level 3 qualifications in Sport or Sport and Exercise Sciences, or Level 3 NVQ Diploma in Sports Development (QCF), or the Level 3 NVQ Diploma in Leisure Management (QCF). Successful learners at level 2 may also consider an A level in Physical Education or Leisure Studies. Learners who achieve the qualification at level 1 may progress to a Level 1 NVQ, such as the Edexcel Level 1 NVQ Award in Sport and Active Leisure (QCF), or a BTEC Level 2 qualification in a related sector. Alternatively, learners may progress to other competency-based qualifications, such as the Level 2 NVQ Certificate in Active Leisure, Learning and Well-being Operational Services (QCF) or the Level 2 NVQ Certificate in Activity Leadership (QCF).

Future Careers

Future careers include sports coaching, physiotherapy, scientific research, fitness instruction, nutritionist and dietician and teaching.