

# SPORT, ACTIVITY AND FITNESS

## BTEC TECH AWARD

### INTRODUCTION

The BTEC Tech Award in Sport, Activity and Fitness is designed to equip individuals with the knowledge, understanding and practical leadership skills required for success in current and future employment in sport and related industries. In particular it prepares learners for employment in the sport sector, at junior/assistant role, where a specialism in sport and exercise science is required.

### WHAT WILL I LEARN?

You will study the following three components:

- Understand the Body and the Supporting Technology for Sport and Activity
- The Principles of Training, Nutrition and Psychology for Sport and Activity
- Applying the Principles of Sport and Activity



### ENTRY REQUIREMENTS

You will need to have a keen interest in sport and to have been actively involved in developing your own knowledge and abilities as either a performer, official or coach during your PE lessons and extra-curricular commitments.

### HOW WILL I BE ASSESSED?

Continual assessment through a combination of assignments, reports and work related assignments, posters, presentations as well as a practical leadership delivery. One unit is assessed by completing an 1 ½ hour written assessment. Each unit will be awarded a grade of Level 1 Pass, Merit or Distinction, Level 2 Pass, Merit or Distinction.



### FUTURE OPPORTUNITIES

This course provides a suitable foundation for sports development, coaching, recreational management and other work within the leisure, health and fitness industry. Should you achieve a merit or above you could pursue further study on the BTEC Extended Diploma in Sport and Exercise Science in our Sixth Form.

### FURTHER INFORMATION

This course is an in-depth study into a variety of sports-related areas and requires a lot of hard work on your part. You will have many assignments during the year and good time management, as you will very quickly discover, is essential. You need to keep to deadlines and put a lot of time into the assignments at home or in the Sport Science Department and revise appropriately for the online exam.

With any course, you only get out of it what you put into it, and there are plenty of opportunities along the way to get really involved in lots of positive experiences. Not only will you be gaining a good qualification but also working with other youngsters, developing your knowledge and building confidence.

Please contact Mrs Reynolds, Head of Physical Education, or Miss Bradley, lead BTEC Sport teacher.