



# **BTEC Sport**



## **Course: BTEC FIRST: SPORT**

### **How is the course assessed in 2021?**

The course is assessed in four units: 3 units are coursework based and 1 unit is an external assessment in the form of an online exam.

#### **Unit 1 (Exam unit) – Fitness for Sport and Exercise**

In this unit you will:

- A know about the components of fitness and the principles of training.
- B explore different fitness training methods.
- C investigate fitness testing to determine fitness levels.

#### **Unit 2 (coursework based) – Practical Performance in Sport**

In this unit you will:

- A understand the rules, regulations and scoring systems for selected sports.
- B practically demonstrate skills, techniques and tactics in selected sports.
- C be able to review sports performance.

#### **Unit 3 (coursework based) – Applying the Principles of Personal Training**

In this unit you will:

- A design a personal fitness training programme.
- B know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.
- C implement a self-designed personal fitness training programme to achieve own goals and objectives.
- D review a personal fitness training programme.

#### **Unit 4 (coursework based) – The Mind and Sports Performance**

In this unit you will:

- A investigate personality and its effect on sports performance.
- B explore the influence that motivation and self-confidence have on sports performance.
- C know about arousal and anxiety, and the effects they have on sports performance.

### **What is expected of me?**

You must work hard in lessons, complete homework and classwork to the best of your ability. You are also expected to attend revision and progress support sessions with enthusiasm and commitment. We also expect you to be taking part in at least one sport outside of school to support your attainment and progress on the course.