



# SPORT, ACTIVITY AND FITNESS

## *BTEC LEVEL 1/LEVEL 2 TECH AWARD IN SPORT, ACTIVITY AND FITNESS*

### *OPTION SUBJECT – CATEGORY B*

EXAMINATION BOARD: PEARSON

AWARD CODE: 603/0473/X

#### **WHY TAKE THIS COURSE?**

Sport, activity and fitness is a growing industry; it is expected to increase in size by 11% by 2020 and there are currently over 400,000 sport and fitness related jobs in the UK. Sport, activity and fitness also has a positive impact on the health of the nation. Regular sport and physical activity can reduce the risk of many chronic conditions and illnesses, including coronary heart disease, stroke, type 2 diabetes, cancer and obesity.

The Department of Health and Social Care is encouraging inactive people to take up activity in any form and the government has broadened Sport England's role to cover both sport and physical activity, including cycling, dancing and walking. There has never been a better time to study sport, activity and fitness.

#### **AIMS OF THE COURSE**

The course is aimed at anyone who wants to develop their knowledge of, and skills in, health, fitness, activity and sport. You will learn about the body systems, psychology, nutrition and leadership. You will also explore how the development of technology is enhancing sport and activity.

This qualification provides the underpinning knowledge for progression in the sector and is a broad offer. You will develop an understanding of sports injuries, as well as investigating the physiological responses to exercise. You will also develop key skills required when working in the sector, such as self-reflection, team working, communication, decision making and problem solving.

#### **COURSE STRUCTURE AND CONTENT**

The course is made up of three components:

##### ***Component 1:***

- Understand the Body and the Supporting Technology for Sport and Activity.

##### ***Component 2:***

- The Principles of Training, Nutrition and Psychology for Sport and Activity.

##### ***Component 3:***

- Applying the Principles of Sport and Activity.

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# **SPORT, ACTIVITY AND FITNESS** (CONT...)

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#### **ASSESSMENT**

Component 1 (30% of the total course) and Component 3 (30% of the total course) are assessed at school through tasks or assignments. Your teacher will mark these, and so you will receive feedback as to how you are getting on.

The assessment for Component 2 (40% of the total course) is sent away to be marked.

Component 3 builds directly on Components 1 and 2, and brings your learning together using the knowledge, skills and techniques you have developed to study the planning, leading and reviewing of sport and activity sessions for target groups. All of the work that you do throughout the course, including the tasks and assignments, will prepare you for this final synoptic assessment.

#### **ENTRY REQUIREMENTS**

We require learners who want to acquire theoretical knowledge and technical skills through vocational contexts by exploring areas such as the body systems, psychology, nutrition, technology and leadership. A passion for studying health, fitness, activity and sport is essential.