OVERVIEW

This course provides an engaging and relevant introduction to the world of sport. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, the psychology of sport, practical sports performance and sports leadership. It enables you to develop and apply your knowledge, while also developing a range of relevant practical, communication and technical skills.

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Unit 1: Fitness for Sport and Exercise

In learning aim A you will cover the components of physical and skill-related fitness and the principles of training. Learning aim B explores different fitness training methods for developing components of fitness, and for learning aim C you will gain knowledge and skills in undertaking and administering fitness tests. This unit is particularly relevant if you would like to progress into qualifications in sports coaching, elite sport or personal training.

Assessment:

- Externally assessed exam taking place in November.
- Only work for Unit 1 will be assessed in the exam.

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Unit 3: Applying the Principles of Personal Training

Learning aim A takes you through the stages of designing a personal fitness training programme, where you can select a component of fitness and an appropriate method of training to improve or maintain your fitness levels safely for your chosen activity/sport. For learning aim B, you will gain awareness of the musculoskeletal and cardiorespiratory body systems and how they respond during the exercise. In learning aim C, you will implement your personal fitness training programme, maintaining a training diary. Finally, for learning aim D you will review your programme, looking at strengths, areas for improvement and suggesting recommendations for future training and performance.

Assessment:

- Controlled assessment set in class and moderated externally.

Useful resources for supporting your child at home:
- BTEC Sport revision guide
- BTEC Sport workbook
- Everlearner online resource

Homework:
- Attending an Aspire club both as participant and as a sports leader.
- Everlearner online platform