



BTEC First Award in Sport



For this Award, there are **three mandatory** units:

Unit 1: Fitness for Sport and Exercise – this unit is an **onscreen test** which is marked by Pearson (**externally assessed**).

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: Practical Performance in Sport – this unit is practical performance and assignments completed on computers (internally assessed).

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: Applying the Principles of Personal Training – this unit is practical work and assignments completed on computers (internally assessed).

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.

There are also **three optional** units to choose from – from the optional unit **one unit** will be selected to complete. In total, the students will complete four units (three mandatory and one optional).

Unit 4: The Mind and Sports Performance – this unit is completed with assignments (internally assessed).

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.

Unit 5: The Sports Performer in Action – this unit is completed with assignments (internally assessed).

In this unit you will:

- A. Know about the short-term responses and long-term adaptations of the body systems to exercise
- B. Know about the different energy systems used during sports performance.

Unit 6: Leading Sports Activities – this unit is completed with practical work and assignments (internally assessed).

In this unit you will:

- A. Know the attributes associated with successful sports leadership
- B. Undertake the planning and leading of sports activities
- C. Review the planning and leading of sports activities.

You will have 3 lessons each week during Years 9 and 10 to complete this award.