



BTEC Sport

Wales High School - Year 9 Subject Options

Subject Content - What will you be doing?

- BTEC LEVEL 2 in Sport has been designed to provide an engaging and stimulating introduction to the world of sport.
- The qualification builds on learning from Key Stage 3 for those who may wish to explore a vocational route throughout Key Stage 4.
- It also provides a good introduction to Sport for students in Post-16 education, and brings together learning at Level 2 to ensure that every student taking the qualification completes it with a level of understanding and skill on which to build at a later date.
- You will study a total of 4 units, with one being assessed externally via an online examination. The remaining 3 units will be assessed via written coursework which will be marked and assessed internally by staff members. The units studied are outlined on the next booklet page:

Key Points about the Subject

Unit 1: Fitness for Sport and Exercise

- Components of fitness (physical and skill related fitness)
- Why these components are important for participants
- Exercise intensity – MAX HR, Borg scale and RPE
- Basic principles of training (FITT)
- Additional principles of training
- Fitness training methods
- Fitness tests and interpretation of results
- Fitness training online examination

Unit 2: Practical Performance in Sport

- Rules, laws and regulations of sport
- Roles and responsibilities of sports officials
- Skills and tactics required for sport
- Evaluation of performance video evidence lesson logs self-evaluation rules and regulations handbook
- Observational checklist and review of personal performance

Unit 3: Applying the Principles of Personal Training

- Design an independent 6-week personal training programme linked to your sport
- Implement goals and objectives
- Implement components of fitness, fitness testing and fitness training methods into fitness programme
- Effective programme design
- Musculoskeletal and cardiorespiratory system
- Short-term effects of exercise on both systems
- Review programme Personal exercise programme - Analysis of performance and recommendations for future training programmes

Continued Overleaf...

Unit 6: Leading Sports Activities

- Understand what makes a successful sports leader
- Skills and responsibilities of a sports leader
- Plan and lead a practical sports session
- Review the planning and leading of activity 2 x practical session plans video evidence learner responses
- Session review and reflection
- Targets for development – use of SMARTER targets

Who can I speak to for more information?

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