



Physical Education: BTEC Tech Award in Sport

Why is the study of Sports Science important?

Elite sport has evolved hugely in the past few decades and has embraced sport science disciplines wholeheartedly. Sports Science considers every minute detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence. The BTEC Tech Award in Sport offers students the opportunity to study key areas of Sport Science, including, anatomy and physiology linked to fitness; health; injury and performance; the science of training and application of training principles and psychology in sport and sports performance.

Sport is a high-profile and expanding industry and there is a growing need for qualified professionals and capable volunteers. It is also widely recognised that regular participation in sport and physical activity is beneficial both to individuals and to society as a whole. This course provides a perfect foundation for students who wish to move into this form of employment post education and will motivate students to carry on participating in physical activity long after they leave.

What skills will the study of BTEC Sport teach you?

The BTEC Tech Award in Sport offers students the opportunity to:

- Understand and apply the fundamental principles and concepts of Sport Science
- Develop learning and practical skills that can be applied to real-life contexts and work situations
- Think creatively, innovatively, analytically, logically and critically
- Develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely
- Prepare participants for physical activity in ways which keeps them safe as well as learning how to react should injuries happen and how to recognise common medical conditions
- Learn how to conduct fitness tests, including interpreting and feeding back on the data you get from these as well as how to design, implement and evaluate fitness training programmes
- Plan, develop and deliver session plans to peers in sports and activities chosen by the learner.
- Develop the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physiology

What will you know and understand from your study of Sports Science?

Preparing participants to take part in sport and physical activity

You will explore types of provisions, sports and activities for different types of participants. You will also look into different types of sporting equipment and technology required for participants to use when taking part in sport and physical activity. You will then be able to make recommendations and prepare participants for sport and physical activity.



OPEN ELEMENT SUBJECT OVERVIEW

Taking Part and improving other participants sporting performance

You will learn about how different components of fitness are used in different sports, while also participating in sport yourself, and putting those components of fitness into practice. You will then research, plan and deliver sessions to demonstrate how to improve a participant's performance of sporting techniques.

Developing fitness to improve other participants performance in sport and physical activity

You will explore the importance of fitness for sports performance while investigating fitness tests and training methods to determine fitness levels. You will then look into developing programmes for participants to help improve their fitness levels and ultimately their sporting performance.

How can you deepen your understanding of Sports Science?

- Sports Science Enrichment
- Topend Sports Website <https://www.topendsports.com/>
- Brian Mac Website <https://www.brianmac.co.uk/>
- Fitness enrichment
- First aid qualifications
- Sports Leaders Programme
- Pearson BTEC Tech Award level 1/2 (2022) Sport - Student Book.
 - Author: Katie Jones, Katy Parker, Katherine Howard
 - ISBN: 9781292444581
 - Publisher: Pearson Education Limited
 - Date: 2022

How are you assessed in Sports Science?

There are three components that you will be assessed in over the 2 years you will study BTEC Sport. You will be assessed through an assessment window called a Pearson Set Assignment (PSA). The PSA is released by Pearson, you will then have time to prepare for each task, and complete each task all in school time.

Component 1 - Preparing participants to take part in sport and physical activity

Component 2 - Taking Part and improving other participants sporting performance

Component 3 - Developing fitness to improve other participants performance in sport and physical activity



Key Assessment Objectives

The 3 Components in Sport Science are:

Component 1 - Preparing participants to take part in sport and physical activity

Component 2 - Taking Part and improving other participants sporting performance

Component 3 - Developing fitness to improve other participants performance in sport and physical activity

Exam and Coursework requirements

- **Component 1 - Preparing participants to take part in sport and physical activity - PSA Assessment - 3 Task - 60 Marks**
- **Component 2 - Taking Part and improving other participants sporting performance - PSA Assessment - 4 tasks - 60 Marks**
- **Component 3 - Developing fitness to improve other participants performance in sport and physical activity - External Exam**

How can Sports Science support your future?

The qualification will also help you to develop learning and skills that can be used in other life and work situations, such as:

- Completing research
- Working with others
- Planning training programmes
- Evaluating and making recommendations to help improve performance
- Creating and delivering presentations
- Writing reports
- Leadership skills
- Healthy living and lifestyle skills

This qualification will complement other learning that you're completing for GCSEs or vocational qualifications at Key Stage 4 and help to prepare you for further study, Apprenticeships or employment.



Study of Sports Science can lead to a wide range of careers:

- Personal trainer
- PE Teacher
- Exercise physiologist
- Dietician or Nutritionist
- Sports administrator
- Fitness centre manager
- Sports coach
- Sports development officer
- Sports therapist

BTEC Sport Course Overview

Term	Year 1	Year 2
Autumn 1	Component 1	Component 2 PSA
Autumn 2		
Spring 1	Component 1 PSA	Component 3
Spring 2		
Summer 1	Component 2	Component 3 - Exam
Summer 2		