



Sport, Activity and Fitness

Pearson BTEC Level 2 Tech Award in Sport, Activity and Fitness

Why is the study of Sport, Activity and Fitness important?

The Pearson BTEC Level 2 Tech Award in Sport, Activity and Fitness, is for 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. The qualification recognises the value of developing skills, knowledge and vocational attributes to complement the GCSE. The qualification will broaden learners' experience and understanding of the varied progression options available to them.

What skills will the study of Sport, Activity and Fitness teach you?

Learners will develop:

- knowledge of the body systems, common sports injuries and technological advances that impact on sport and activity
- key skills that support their theoretical understanding of the training, nutrition and psychological factors that influence and impact on engagement in sport and activity
- an understanding of the underpinning principles of leadership and the physical and psychological benefits for session participants. Learners will investigate methods of planning, delivering and reviewing sessions for a range of target groups.

What will you know and understand from your study of Sport, Activity and Fitness?

The Tech Award gives learners the opportunity to develop sector-specific knowledge and skills in a practical learning environment. The main focus is on the knowledge and understanding of skills in health, fitness, activity and sport. The components focus on:

- the physiological impact of the cardiorespiratory and the musculoskeletal system on a participant's engagement in sport and activity
- the different common sporting injuries, the causes and the related management and rehabilitation
- different technologies, how they enhance sport and activity, and how they support rehabilitation
- elements that are considered most important in leadership, including organisation, communication and problem-solving skills
- the physiological and psychological benefits that participants can gain, as a result of their engagement in sport and activity



OPEN ELEMENT SUBJECT OVERVIEW

- processes that underpin effective ways of working in the sport sector, such as planning, delivering and reviewing a sport or physical activity session to a variety of target groups.

How can you deepen your understanding of Sport, Activity and Fitness?

The qualification builds on and uses the knowledge and skills learned in GCSEs. It has a broad focus on building knowledge and skills, including exploring the impact of technology and psychology on sport and activity. It will complement some aspects of the theoretical approach offered by GCSE Biology and GCSE Food Preparation and Nutrition, by allowing learners to apply their knowledge and skills, for example by learning how nutritional habits can impact sport and activity. Students will be taught in both practical and theoretical contexts and allow pupils to experience the demands of different roles in sport, including sports leadership, sport psychology, physiotherapy and sports technology.

How are you assessed in Sport, Activity and Fitness?

Pearson BTEC Level 1/Level 2 Tech Award in Sport, Activity and Fitness				
Component number	Component title	GLH	Level	How assessed
1	Understand the Body and the Supporting Technology for Sport and Activity	36	1/2	Internal
2	The Principles of Training, Nutrition and Psychology for Sport and Activity	48	1/2	External
3	Applying the Principles of Sport and Activity	36	1/2	Internal Synoptic

Key Assessment Objectives

The key learning objectives for Level 2 BTEC Tech Award in Sport, Activity and Fitness are:

Content to be cover	Assessment method
Component 1- Understanding the Body and Supporting Technology for Sport and Activity	Internally assessed assignments = 30% of the total course:



<ul style="list-style-type: none"> • Investigate the impact of sport and activity on body systems • Explore common injuries in sport and activity and methods of rehabilitation • Understand how technological advances have impacted sport and activity. 	<ul style="list-style-type: none"> • Throughout this component students will be assessed through a variety of methods. This could include a written report containing an opportunity for extended writing, a blog, leaflet or a PowerPoint® presentation.
<p>Component 2- The Principles of Training, Nutrition and Psychology for Sport and Activity</p> <ul style="list-style-type: none"> • Investigate how training can improve fitness for sport and activity • Explore how a healthy diet, macro and micronutrients, and hydration are beneficial for sport and activity • Understand how psychological factors such as motivation, self-confidence and anxiety can influence sport and activity. 	<p>External assessment = 40% of the total course:</p> <ul style="list-style-type: none"> • This component is assessed through a written assessment set and marked by Pearson. The external assessment will be 1 hour and 30 minutes in length. The number of marks for the assessment is 70. The paper will contain a number of short and extended answer questions that will assess learners' understanding of the training, nutrition and psychological factors that contribute to participant engagement in sport and activity.
<p>Component 3- Applying the Principles of Sport and Activity</p> <ul style="list-style-type: none"> • Understand the fundamentals of sport and activity leadership • Plan activity sessions for target groups • Understand how to plan for health, fitness and diet. 	<p>Internally assessed (synoptic) assignment = 30% of the total course:</p> <ul style="list-style-type: none"> • Students will use their knowledge and understanding to plan and lead an engaging activity session. • This component is designed to be synoptic (drawing together knowledge from the previous components) and taken near the end of the course.

Coursework requirements

COURSEWORK REQUIREMENTS

The course is broken down into 3 components with component 1 and 3 being coursework based. Component 2 is assessed via external written examination. Both coursework and exam are graded allowing learners to achieve L1 Pass – L2 Distinction* based on how many points they achieve from each component

How can Sport, Activity and Fitness support your future?



OPEN ELEMENT SUBJECT OVERVIEW

We offer the study of BTEC Tech Award and we encourage your continued study in Sport. Sport can lead to future careers either following onto level 3 courses and onto university or completing an apprenticeship in a sporting context. Sport can open many doors of opportunity either as a career pathway or a future to healthy living.

Study of Sport, Activity and Fitness can lead to a wide range of careers:

- PE teacher
- Sport scientist
- Physiotherapist
- Sports coach
- Sport Development Officer
- Personal Trainer
- Sports psychologist
- Sports analyst
- Sports journalist
- Sports masseuse

Sport, Activity and Fitness Course Overview

Term	Year 1	Year 2
Autumn 1	Component 1	Component 2
Autumn 2	Component 1	Component 2
Spring 1	Component 1	Component 2/3
Spring 2	Component 1	Component 3
Summer 1	Component 1/2	Component 3
Summer 2	Component 2	Component 3