

BTEC Sport



Why Should I Study BTEC Sport

- It's a mixture of theory and practical lessons
- The coursework can be completed on sports you are interested in
- It relates to many different sports careers and future learning courses



What Will I Study?

Content Overview

Component 1: Preparing Participants to Take Part in Sport and Physical Activity

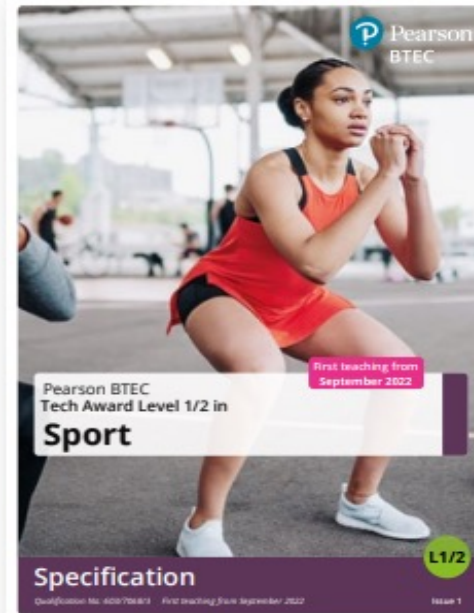
Learners will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.

Component 2: Taking Part and Improving Other Participants Sporting Performance

Learners will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.

Component 3: Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity

Learners will be introduced to and develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing.



Component 1 (30%)

- How Will I Be Assessed?

- In response to a case study students will:
 - Use knowledge acquired to **select suitable physical activities for the case study** provided considering provision available.
 - Use knowledge acquired to **select and discuss how technology would affect provision for the case study person.**
 - **Demonstrate practical delivery**, communication and planning by producing a warm-up plan and demonstration of the warm-up

Component 2 (30%)

- How Will I Be Assessed?

- In response to a case study students will:
 - Demonstrate their knowledge and understanding of the **components of fitness**.
 - **Demonstrate their skill** in a selected sport in isolated practice and in competitive situations.
 - Demonstrate their knowledge and understanding of **officials** in sport
 - Demonstrate their knowledge and understanding of a sport and **provide specific drills** to improve participants sporting techniques.

Component 3 (40%)

- How Will I Be Assessed?

- A 1.5 hour exam worth 60 marks on:
 - Components of Fitness
 - Methods of Training
 - Fitness Testing
 - Principles of Training

What Will BTEC Sport Lessons Be Like?

- Learning of content followed by consolidation tasks
- Some lessons delivered practically
- Exam question practice for Component 3
- Working on computers for assignments

Name the Components of Fitness
 What components of fitness are being used in these pictures?
 Some pictures may have more than 1!



**Who is this session designed for/what sport?
 What Principles of Training is this showing?**

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Weight session	Aerobic training/ skill based	Rest day	Aerobic training 2 hours	Weight session	Rest day	Match day
30mins	1hr ½		Intensity: High	1 hour		
Intensity: Light	Intensity: High			Intensity: Moderate		


 Apply the FITT principle to next week

Accelerated Sprints

* Definition

* Diagram

How can you increase intensity?




How Do I Find Out More Details?

BTEC Works for Sport

Do you enjoy being active, keeping fit, learning about wellness or coaching others? Would you like to have a career in sports, fitness or nutrition?

Tell me more about BTECs in Sport

Studying a BTEC in Sport is a great way to learn about working in the sport and fitness sector. There are so many careers involved in sport – sports coach, nutritionist and sports psychologist, to name a few.

On BTEC Sport courses you'll learn in and outside the classroom, getting to grips with the theory behind sport as well as getting involved in playing it, giving you a well-rounded understanding of the subject.

What kind of career can I go into?

Here's a taste of the different careers a BTEC in the sector could lead to:

- Personal Trainer/ Fitness Instructor
- Nutritionist
- Psychologist
- Sports Analyst
- Sports Media
- Leisure Manager
- Sports Coach
- Outdoor Activities Instructor



Meet Max Whitlock MBE,

Studied

BTEC Level 2 Sport, Longdean School.

Achievements

Winning five Olympic Medals: two Gold and three Bronze; Launching the Max Whitlock Gymnastics Academy.

Next Steps

Competing in the Tokyo Olympics 2020.



I can look at what I learned from my BTEC and it's made me be more productive with my time and made me manage my time a lot better.

Max Whitlock MBE,
Double Olympic Gold Medallist



Want to find out more about BTECs in Sport? Find out more at btecworks.com

- Speak to the subject teachers: Mrs Clarke, Mr Choi, Ms Dudding
- Email the subject lead: Mrs Clarke clarkee@wallingfordschool.com
- Speak to older students who are already taking the course