



### COURSE SUMMARY

The course is made up of four units of work which cover Fitness Testing and Training, Professional Development in The Sports Industry, Anatomy and Physiology and Practical Sport. The course provides students with an excellent cross section of subject areas which would support work in a career in Sport. Students also develop key transferrable skills for independent learning, research, effective communication, analysis, problem solving, writing and team work. The coursework is based around scenarios with real life situations and involves activities such as practical sports video analysis, conducting fitness and health screening tests, running practical coaching sessions and planning a fitness training programme.

### WHY STUDY BTEC SPORT?

The subject is accessible to all who have an enthusiasm and passion for sport. The course is not graded on your practical ability. The course will help those of all abilities to improve in sport and also develop the ability to analyse the performance of others.

Where possible, the subject is made practical and there is a constant emphasis on vocational learning. Students are also prepared for the external examinations.

The lessons are interactive and include computer based work when researching case studies and undertaking assignments. *Jack*

### MIGHT LEAD TO...

This course creates a variety of routes into Sport professions. Students may progress to university courses in Sport Coaching, Fitness and Personal Training, Physical Education, Sports Development, Sports Physiotherapist and Sports Psychologists.

*"When I leave school I hope to study Sports Development and Coaching Sciences at Bournemouth University."* Callum

### ADVICE ON ENTRY

Previous study in sport is not required. Where students have studied the Level 2 BTEC course, a Merit or higher is preferred. Where students have studied the GCSE PE course, a B grade or higher is preferred.

### READING AROUND THE SUBJECT

- [Brian Mac Sports Coach](#)
- [My PE Exam](#)
- [Teach PE](#)
- [PPOnline](#)



Students learn how to apply theory to practical situations. The course opens up opportunities to work in the sports sector. *Callum*

### WHAT HAPPENS IN LESSONS?

Tasks are set through an assignment brief and the required content of the assignments is taught both in the classroom and in a practical environment. A variety of approaches are used ranging from presentations, case study research, debates and demonstrations. Students are expected to complete the assignments on their own but will often carry out preparation work in small teams or pairs. iPads are used extensively in lessons to record coursework evidence, reflect on learning and analyse the impact on their work.