



YOUR BTEC SPORT JOURNEY STARTS HERE.....



1 "The Knowledge" UNIT

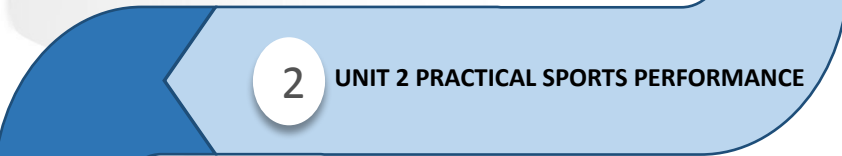
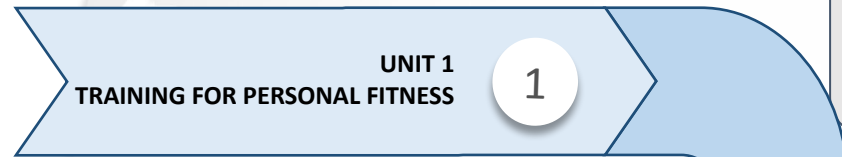
This unit is an Online examination which is assessed externally .You will learn about The components of Fitness, how to measure Exercise Intensity, The Methods and Principles of training and how to use Fitness Testing.

UNIT 2 "The Performer"

In this Unit you will learn about the rules regulations and scoring systems of at least 2 sports .You will look closely at the technical, tactical and physical demands of 2 sports and be asked to demonstrate these in conditioned & competitive situations. Finally you will review your own performance .

UNIT 3 "The Personal Trainer"

In this Unit you will learn how to plan a 6 week training program to improve your personal fitness for one of your Sports covered in Unit 2. You will investigate the Musculoskeletal and Cardiorespiratory systems and discover what effect exercise has on them. Finally you will evaluate the effectiveness of your Training Program.



UNIT 6 "The Coach/Leader"

In this Unit you will be expected to examine the skills, qualities and responsibilities necessary to become a successful leader .You will then plan ,deliver and review a sporting activity of your choice.



The Finish Line

On completion of all 4 Units your final grade will be calculated and you will receive a Level 1/2 PASS/MERIT/DISTINCTION grade..

