



# LODE HEATH PHYSICAL EDUCATION DEPARTMENT



## BTEC SPORT

### What does it consist of?

- You will have 3 lessons of BTEC a week. This will be a mixture of Theory and Practical.
- The course consists of 4 units. Three coursework units (10 assignments in total) and one exam unit., this is an online exam.
- You will be assessed in badminton and netball or basketball.

### What content will this course cover?

- **Unit 1** is the exam unit and will cover fitness for sport and exercise. This is a 1 hour 15 minute online exam. This will be sat in Year 11. It is marked out of 60. You will study Components of fitness, training principles and how to determine exercise intensity. This is worth 25% of your total grade.
- **Unit 2** is a coursework unit based on practical sports performance. This includes 3 assignments. You will research and be assessed practically the rules, regulations of two sports and then review your own performance. This is worth 25% of your total grade.
- **Unit 3** is a coursework unit that looks at applying the principles of personal training. This includes 4 assignments. You will design and carry out a training programme, understand the changes that occur to the body systems when we exercise and review your programme. This is worth 25% of your total grade.
- **Unit 6** is a coursework unit and focuses on sports leadership. This includes 3 assignments. You will understand the skill needed to become a leader and then plan, lead and review a sports session. This is worth 25% of your total grade.

Specification link: [BTEC Firsts Sport \(2018\) | Pearson qualifications](#)

### Recommendations

- Students should attend after school clubs



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### Which course should my child pick?

- BTEC Sport is more coursework based.
- You should show an interest in sport and PE and come to afterschool clubs.
- It has a more blended approach to theory and practical work.