

Core PE – Option 2: BTEC Sport

What is the BTEC Sport Award all about?

The BTEC Sport Award is equivalent to one GCSE and runs over two and a half hours per week. Following this course will raise your understanding of how to maintain a healthy lifestyle and the benefits of doing so. It will also develop your leadership skills, something which every employer looks for. This can lead on to the Level 3 CTEC National course or other vocational qualifications. Beyond school and college, this can lead you to studying at University or will help to gain an apprenticeship.

What topics will I cover?

You will study a total of four units for BTEC Sport.

Core Units

1. Fitness for Sport and Exercise (25% Online Examination Assessment)
2. Practical Sports Performance
3. Applying the Principles of Personal Training

Specialist Units

4. The Mind and Sports Performance

How am I assessed?

There will be one online assessment that is worth 25% of the final grade. This can be taken at any stage of the course and can be retaken. The remaining 75% is all coursework based and can often help those students who find examinations difficult.

What examination board will I follow?

Edexcel

Is there any additional information about this course?

You will participate in a combination of practical and theory lessons to ensure each module is covered. It is important that you are able to meet strict coursework deadlines.

Who should I speak to for further information?

Your PE teacher or Mrs Cracknell