

Edexcel BTEC Level 1 / Level 2 First Award in Sport



Course Description

A Level 2 First Award in Sport encourages personal development through practical participation and performance. It gives learners a wider understanding and appreciation of health related fitness, sport and exercise. It develops learner's skills and techniques as well as personal attributes essential for performance in working life. The course is made up of 120 guided learning hours—split into 4 equal sized units - two core units provide a general foundation and 2 optional units introduce learners to particular topics in more depth.

Qualification Information

A Level 2 First Award is equivalent to a GCSE grade A*– C.

Assessment

All students take the two core units;

Unit 1: Fitness for Sport and Exercise (Externally assessed examination)

Unit 2: Practical Sports Performance

and 2 optional units;

Unit 3: The mind and Sports Performance

Unit 4: The Sports Performer in Action

Unit 5: Training for personal fitness

Unit 6: Leading Sports Activities

All units apart from Unit 1 are internally assessed and graded by teachers. An overall grade for the qualification is awarded to all learners who successfully complete all units. Grades awarded are Pass, Merit, Distinction or Distinction*.

Entry requirements:

- 96% attendance and punctuality
- A genuine interest in a sporting career
- 100% participation rate in core PE lessons
- an independent and mature attitude



What can I do at the end of the course?

This qualification gives learners increased knowledge and training for sport, leisure and recreation. It gives learners the opportunity to progress to other vocational qualifications such as BTEC level 3 National in Sport or Sport and Exercise Science and or GCE AS level and in due course enter employment in the sport and active leisure sector.

Contact : Miss Spittle