



Course Leader: Miss C Sargent
Examination Board: Edexcel

The BTEC Tech Award in Sport, Activity and Fitness allows you to study aspects of the sports and leisure industry. Students will complete coursework in the form of leaflets/ booklets, posters, written reports, presentations, blogs and leadership sessions.

HOW WILL I BE ASSESSED?

There are three components. One is externally assessed and the others are assessed through internal assessment.

WHAT WILL I STUDY?

Component 1: Understand the Body and Supporting Technology for Sport and Activity including the cardiorespiratory system, musculoskeletal system, long term effects of participation in sport and activity, injuries and rehabilitation, use of technology in sport.

Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity. Including components of fitness, methods and principles of training, nutrition and a healthy diet, motivation, self-confidence and anxiety in sport.

Component 3: Applying the Principles of Sport and Activity including leadership skills and qualities, planning a session, delivering a session, reviewing your session.

MODULE	ELEMENTS	ASSESSMENT	DATE	%
Component 1	Understand the Body and Supporting Technology for Sport and Activity.	Internally assessed coursework.	Throughout	33%
Component 2	The Principles of Training, Nutrition and Psychology for Sport and Activity.	Externally assessed synoptic exam.	Feb/ May 2022	33%
Component 3	Applying the Principles of Sport and Activity	Internally assessed coursework	Throughout	33%

SKILLS REQUIRED:

- Good organisation.
- High attendance.
- Positive attitude to physical activity and theoretical aspects of sport.
- Cooperation with others and teamwork.
- Independence and a responsibility for own learning.
- Confidence in leading others.

PROGRESSION PATHWAYS

- A Level PE
- BTEC Level 3 Sport

CAREERS

A variety of job opportunities in the sport and leisure industries e.g coach, sports development officer, personal trainer, physiotherapist, sports nutritionist, PE teacher.