

BTEC SPORT AND FIT NESS.

BTEC SPORTS FITNESS

(SINGLE AND DOUBLE AWARD)

What will I study?

Students develop the skills required in the fields of personal fitness. In addition, they acquire the range of teamwork, professional and personal life skills needed in any career. They also study in depth the sports industry.

Students learn about fitness for health and well-being as well as being introduced to the body systems that are associated with health and fitness, plus an understanding of basic anatomy and physiology.

There are opportunities to explore adventurous activities and teamwork, along with the benefits of outdoor activities to further their own skills development and future work or training.

Worth 2 A Levels – double option

- Anatomy and Physiology
- Fitness training and programming for health, sport and well-being
- Professional development in the Sports Industry
- Application of fitness testing
- Sports Psychology
- Practical sports performance
- Technical and tactical demands of sport
- An athlete's lifestyle
- Sports performance analysis
- Sports leadership

Worth 1 A level – Single Option

- Anatomy and Physiology
- Fitness training and programming for health, sport and well-being
- Professional development in the Sports Industry
- Sports leadership

Assessment

Year 12 Assessment

- Unit 1: Externally marked exam

Year 13 Assessment

- Unit 2: Externally marked Exam
- Unit 22: Externally marked exam (double award only)

Career Opportunities

This course could lead to any line of work within the Sports industry - roles such as:

- Personal Trainer
- Coach
- Sport and PE teacher
- Physio
- Nutritionist
- Sport Analyst

Many, Many More

Entry Requirements

Five Level 4 GCSEs are required for entry into 6th Form.

Level 5 pass is required in your chosen, or related, subject.

Some subjects require Level 6; decisions will be based on individual students.

Specialist facilities

- a badminton court Sports Hall
- 3G all-weather pitch, fully RFU compliant
- fully sprung floored aesthetics suite
- Multi Sports Hall
- Fitness suite
- outside netball court
- purpose built classrooms for PE.

Hours of study (fortnightly per award)

9 hours of lesson time
6 hours independent learning

Resources needed

Usual sport and PE kit, outdoor clothing, swimming kit

Specialist equipment is provided

2021 Alumni

Owen Green – D*D Plymouth Marjon – Secondary PE Teaching

Jake Dan – D*D* Exeter University – Sport Science

Deven Webb – DD Plymouth Marjon – Physiotherapy

