

BTEC FIRST AWARD IN SPORT

Qualification: BTEC Level 2 Award

Suitable for: All students

Outline of the course: This qualification is designed for learners with an interest in health and fitness. It will provide learners with the experience of using different training techniques and methods to enable them with the opportunity to develop and experience their own fitness programme. Other aspects of the course cover leadership and designing fitness programmes. The First Award in Sport has been designed to provide an engaging and stimulating introduction to the world of sport.

Course Assessment: Four units are studied. Three are practically based units and include Leading Sports Activities, Training for Personal Fitness and practical Sports Performance. The fourth unit is an online exam on Fitness for Sport and Exercise.

Additional Information: The qualification builds on learning from Years 7-9 during PE lessons and is designed for those who may wish to explore a vocational route through their option choices.

Further Study:

- Other level 2 vocational qualifications.
- Level 3 vocational qualifications, such as BTEC Nationals, specifically the Edexcel BTEC Level 3 in Sport (QCF) or Edexcel BTEC Level 3 in Sport and Exercise Science (QCF).
- Employment within the sports and active leisure industry.

Student View: *“The BTEC course has a good balance of theory and practical and has helped me to develop my understanding of sport and improve my practical performance”.*