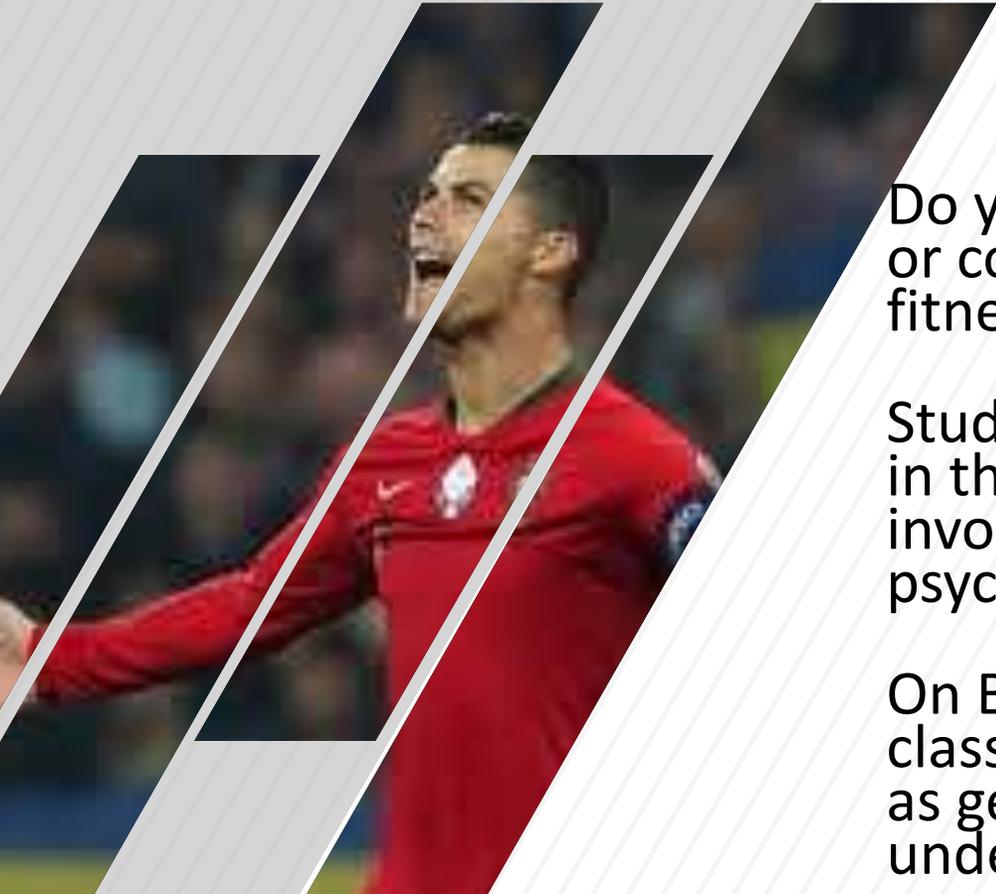


BTEC SPORT



Do you enjoy being active, keeping fit, learning about wellness or coaching others? Would you like to have a career in sports, fitness or nutrition?

Studying a BTEC in Sport is a great way to learn about working in the sport and fitness sector. There are so many careers involved in sport – sports coach, nutritionist and sports psychologist, to name a few.

On BTEC Sport courses you'll learn both in and outside the classroom, getting to grips with the theory behind sport as well as getting involved in playing it, giving you a well-rounded understanding of the subject.

Career Opportunities

Here are some of the careers a BTEC in Sport could lead to:

- Personal Trainer/ Fitness Instructor
 - Nutritionist
 - Psychologist
 - Sports Analyst
 - Sports Media
 - Leisure Manager
 - Sports Coach
- Outdoor Activities Instructor



Summary of the Course

Btec Sport Level 2 First Award is made up of 4 Units

Unit 1: Fitness for Sport and Exercise (exam unit)

Unit 2: Practical Performance in Sport

Unit 3: Applying the Principles of Personal Training

Unit 6: Leading Sports Activities

Units 2, 3 & 6 are assessed through coursework



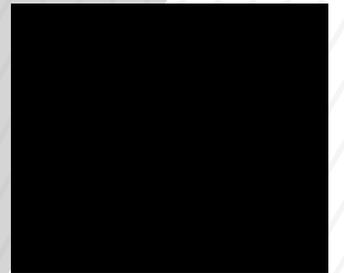


The Exam Unit

Unit 1: Fitness for Sport and Exercise

In this unit, students will learn about the components of fitness and the principles of training. They will explore different fitness training methods and investigate fitness testing to determine fitness levels. This unit is taught in both a theoretical and practical setting.

Students will then sit an online exam, which is an hour and 15 minutes. There is a resit opportunity.





The Coursework Units

Unit 2: Practical Performance in Sport

In this unit, students will:

- Gain an understanding for the rules, regulations and scoring systems for selected sports
- Practically demonstrate skills, techniques and tactics in selected sports
- Be able to review sports performance



The Coursework Units

Unit 3: Applying the Principles of Personal Training

In this unit, students will:

- Design a personal fitness training programme
- Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training
- Implement a self-designed personal fitness training programme to achieve own goals and objectives
- Review a personal fitness training programme



The Coursework Units

Unit 6: Leading Sports Activities

In this unit, students will:

- Learn the attributes associated with successful sports leadership
- Undertake the planning and leading of sports activities
- Review the planning and leading of sports activities

REAL LIFE BTEC SPORT STORIES



Max Whitlock

Double Olympic Champion and three time World Champion, former BTEC Level 3 learner in Sport.

[FIND OUT MORE](#) ↗



Flex

Social Media Influencer - The United Stand, former BTEC Level 3 learner in Sport.

[FIND OUT MORE](#) ↗



Stefanie McCluskey

Personal Training Business Owner, former BTEC Level 3 learner in Sport and Exercise Science.

[FIND OUT MORE](#) ↗

[Click on the links below to watch the videos](#)

https://www.youtube.com/watch?v=FwsiOeG4nVY&feature=emb_logo

<https://youtu.be/u6GtFcGY7ds>

<https://youtu.be/NeLnQ1gG2-g>



QUESTIONS

- Any questions, please direct to Mr Tankard
- ptankard@stokehigh.co.uk