

# SPORT AND COACHING PRINCIPLES (Technical Award)



During this course you will have the opportunity to learn about the factors that can affect your own performance, as well as strategies that can be used to improve your performance. You will be given the opportunity to learn coaching skills and demonstrate these in a practical way. You will also learn about how the body works within a sporting setting.

PLEASE NOTE – there is limited opportunity for practical performance within this course

# Career Opportunities

Here are some of the careers a qualification in Sport and Coaching Principles could lead to:

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





# The Course - comprises of 3 units

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## **Year 10**

**Unit 2 - Improving Sporting Performance**

**Unit 3 - Coaching Principles**

Course work based units consisting of between 3 and 5 controlled assessment tasks

## **Year 11**

**Unit 1 - Fitness for Sport**

A 1 hour and 20 minute exam consisting of multiple choice, short answer and extended questions



# The Coursework Units

## Unit 2: Improving Sporting Performance

In this unit, students will respond via written tasks having learned about the following:

- Factors affecting performance in sport
- How to measure the factors affecting performance
- Analysis of performance data
- Strategies to improve sporting performance



# The Coursework Units

## Unit 3: Coaching Principles

In this unit, students will respond via written tasks having learned about the following:

- The skills and responsibilities of a coach
- Planning a coaching session
- Demonstration of your own coaching skills
- Reviewing your coaching performance





# The Exam Unit

## Unit 1: Fitness for Sport

In this unit, students will learn:

- Structure, functions and adaptations to the body's systems
- The importance of the components of fitness for different physical activities
- The role of training in achieving improvements in fitness.

# How the course is graded

- The course is equivalent to 1 GCSE.
- It is awarded with the following grades.
- Level 1 Pass
- Level 1 Merit
- Level 1 Distinction
- Level 2 Pass
- Level 2 Merit
- Level 2 Distinction

# QUESTIONS

- Any questions, please direct to Mrs Simmons
- [dsimmons@stokehigh.co.uk](mailto:dsimmons@stokehigh.co.uk)