

# BTEC Sport

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HOLYROOD  
ACADEMY



# Overview of BTEC Sport

## BTEC Level 1 / 2 First Award in Sport

The course is aimed at anyone who wants to find out more about the sports industry and build their knowledge and experiences in a diverse variety of sports related areas. The course has a large amount of theoretical content (1 to 2 theory lessons per week) supported with practical application (1 lesson of practical per week).



**A Year 10 Netball  
Practical lesson**

# Examinations

**75% Internally assessed assignments - written and practical**

**25% External exam - 1 hour 15 minutes 60 mark paper**

There are 4 units to complete:

**Exam 25%**

Unit 1 - Fitness for Sport and Exercise

**Coursework 75%**

Unit 2 - Practical Performance in Sport

Unit 3 - Applying the Principles of Personal Training

Unit 4 - The Mind and Sports Performance



**Unit 3  
Training  
Programme**



**Unit 2  
Practical Sport  
Rounders**

# Is this subject for me?

## You need to:

- Be independent
- Enjoy practical sport
- Complete work on a computer
- Communicate clearly
- Have a genuine interest in the sports industry
- Be able to research sports related knowledge, theories and concepts
- Meet deadlines



A Rounders Practical lesson

# Next steps

**BTEC Level 3 National in Sport  
Extended Certificate (equivalent to one A-Level) or  
Diploma (equivalent to two A-Levels)**

## Careers:

- PE Teaching
- Physiotherapy / Sports Therapy
- Sports Coaching
- Personal Trainer
- Gym Instructor
- Sports Psychologist



**Year 12 Theory  
Lessons**



# Any questions

**You will have an opportunity to ask any questions you might have tomorrow night during the year 9 parents' evening.**

**Otherwise you can contact me via email:**

**[ebowker@educ.somerset.gov.uk](mailto:ebowker@educ.somerset.gov.uk)**

**Or alternatively you can contact the Head of PE, Mr Barker via email:**

**[rbarker@educ.somerset.gov.uk](mailto:rbarker@educ.somerset.gov.uk)**