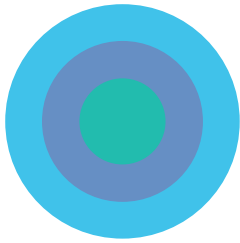

BTEC Level 2 First Certificate Sport





This exciting course is designed to develop your understanding of the theory of sport and apply this to practical scenarios. The coursework and exams you study towards are all linked to real-life situations. The knowledge and skills you develop to be successful in the course will help you to improve employability skills needed in various sectors of the sporting industry.

Introduction

This course is equivalent to 2 GCSEs and is a one-year course.

The units covered include:

- + Anatomy and Physiology for Sports Performance (external exam)
- + Fitness for Sport and Exercise (external exam)
- + Practical Sports Performance
- + The Mind and Sports Performance
- + Leading Sports Activities
- + Lifestyle and Well-being
- + Injury and the Sports Performer
- + The Sport and Active Leisure Industry

Level Level 2

Specific course entry requirements

To study a Level 2 programme you will have achieved a minimum of three grade 3s in your GCSEs, in addition to a grade 3 in English Language (please refer to the Entry Requirements section page 24 for further details).

How will I be assessed?

There will be two exams in the Anatomy and Physiology for Sports Performance and Fitness for Sport and Exercise units. You will be assessed through coursework in the remaining six units; graded at Pass, Merit or Distinction.

Where will this course lead me?

Successful completion of this course will allow progression to Level 3 courses in Physical Education or BTEC Sports Science or Performance and Excellence Football routes as well as many more options in College.

Progression to Level 3 courses at College is dependent upon meeting the entry requirements for that course.

