



Level 1/2

Sport



Why study Sport?

The Sport course provides you with theoretical knowledge and technical skills through vocational contexts by exploring areas such as the body systems, psychology, nutrition, technology and leadership - all skills which you can develop further.

Exam Board:



Overview of course content

Components Studied

Component 1: Preparing Participants to Take Part in Sport and Physical Activity

- Types and providers of sport and physical activities
- Types and needs of sport and physical activity participants
- Barriers to participation in sport and physical activity for different types of participant
- Methods to address barriers to participation in sport and physical activity for different types of participant
- Different types of sports clothing and equipment required for participation in sport and physical activity
- Different types of technology and their benefits to improve sport and physical activity participation and performance
- The limitations of using technology in sport and physical activity
- Planning a warm-up
- Adapting a warm-up for different categories of participants and different types of physical activities
- Delivering a warm-up to prepare participants for physical activity

Component 2: Taking Part and Improving Other Participants Sporting Performance

- Components of physical fitness and skill-related fitness
- Techniques, strategies and fitness required for different sports
- Officials in sport
- Rules and regulations in sports
- Planning drills and conditioned practices to develop participants' sporting skills
- Drills to improve sporting performance

Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

- The importance of fitness for successful participation in sport
- Fitness training principles
- Exercise intensity and how it can be determined
- Importance of fitness testing and requirements for admin of each fitness test
- Fitness test methods for components of physical fitness and skill-related fitness
- Interpretation of fitness test results and requirements of fitness training methods
- Fitness training methods for physical and skill-related components of fitness
- Additional requirements for fitness training methods and provision for taking part in fitness training methods
- The effects of long-term fitness training on the body systems
- Personal information to aid training fitness programme design
- Motivational techniques for fitness programming

Examination and Assessment

Internal Assessment/s	% of BTEC
Component 1: Preparing Participants to Take Part in Sport and Physical Activity	30%
Component 2: Taking Part and Improving Other Participants Sporting Performance	30%

External Assessment/s	% of BTEC
Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	40%



If you have any questions, please contact:
office@kennetschool.co.uk