



How the course is assessed:

- Practical performance (assessed in 3 sports: 1 Individual, 1 Team and then optional 3rd choice)
- Coursework (Personal Exercise Programme – involving planning, conducting & evaluating)
- Written exam (Component 1: Fitness & Body Systems is a 90-mark exam worth 36%; Component 2: Health and Performance is a 70-mark exam worth 24%)
- You will look at the factors underpinning physical activity and sport performance.
- You will investigate applied anatomy and physiology, movement analysis and physical training so that you can use this knowledge to analyse and evaluate performance and devise informed strategies for improving and optimising your own practical performance.
- You will develop your knowledge of the contribution that physical activity and sport make to health, fitness and well-being and how these can impact your own performance.
- You will be introduced to sports psychology, with a focus on skill development, through relevant practice, guidance and feedback, and then apply this to your improving your own learning in practical situations.
- You will learn about how key socio-cultural influences can affect people's involvement in physical activity and sport, as well as the impact of commercialisation and sporting behaviour.

Career progression:

Potential career pathways that could lead on from this course:

- PE Teacher
- Physiotherapist
- Sports Coach
- Fitness Instructor
- Sport and Exercise Psychologist
- Sports Dietician/nutritionist
- Performance Sports Scientist
- Sports Lawyer
- Sports Commentator
- Sports Development Officer

Exam Board: Pearson - Edexcel
Faculty Leader: Mr G Jones
Contact: gjones@decschool.co.uk
Assessment: 40% Practical, 60% Exam

BTEC Tech Award in Sport

The Tech Award gives you the opportunity to develop sector-specific applied knowledge and skills through realistic vocational contexts. You will have the opportunity to develop applied knowledge and skills in the following areas:

- investigating provisions for sport including equipment and facilities to enhance sport
- planning and delivery of sport drills and sessions
- fitness for sport including fitness testing and methodology.

The Tech Award complements the learning from our KS3 programme by providing further in depth analysis of sports theoretical knowledge to improve performance in participants. The course also explores the provision and types of sports suited to different individuals with different needs, whilst developing leadership and teaching in sport, which is approached more directly than the GCSE course, therefore making it suitable to individuals who have a strong passion for developing the performance of others, as well as themselves.



Exam Board: Pearson - Edexcel

Faculty Leader: Mr G Jones

Contact: gjones@decschool.co.uk

Assessment: 60% Coursework

40% Exam

How the course is assessed:

You are required to complete and succeed in all three of the following components, across the qualification:

- **Preparing Participants to Take Part in Sport and Physical Activity.**

Internally assessed, externally moderated component contributing to 30% of final grade.

- **Taking Part and Improving Other Participants Sporting Performance.**

Internally assessed, externally moderated component contributing to 30% of final grade.

- **Developing Fitness to Improve other Participants Performance in Sport and Physical Activity**

60 mark exam worth 40% of final grade - synoptic assessment building on knowledge, understanding and skills acquired and developed in Components 1 and 2

Career progression:

Potential career pathways that could lead on from this course:

- PE Teacher
- Sports Coach
- Fitness Instructor
- Performance Sports Scientist
- Outdoor Activities Instructor
- Sports Development Officer