

BTEC First Diploma in Sport (Exercise & Fitness)

BTEC First Diploma in Sport is a two year vocational course worth 4 GCSEs. Similar to NVQ qualifications, it includes a work related course, including a range of activity tasks from practical performance, role play and various written tasks. The course is designed to equip students with the knowledge, understanding and practical skills required for success in future employment in sports and related industries. You learn by completing projects that are based on realistic workplace-related situation, activities and demands. At the end of the course you could put this qualification into get a job OR you can use it alongside other qualifications and go on to further education i.e. Continuation of the course is BTEC National Sport.

BTEC first Sport requires studying 6 units, 2 core units and 4 optional units. Students are able to obtain a pass, merit or distinction grade.

What is the BTEC Sport about?

- NO EXAMS and NO REVISION
- Completing activities including assignments with vocational scenarios that are related to the world of work. Plus posters, leaflets, power point presentations, practical facts sheets, letters, practical performance, role play and observations.
- Develop the skills you need to start a career or go on to further education.
- Completing 6 Units across 2 years(equivalent to FOUR GCSE's)

Core Units

- Unit 1: The Body in Sport
- Unit 2: Health, Safety and Injury

Pre selected Specialist Units

- Unit 4: Preparation for Sport
- Unit 5: Planning and Leading Sports Activities
- Unit 6: Practical Sport
- Unit 14: Instructing Exercise and Fitness

What are the entry requirements?

Your SATS results will be taken into consideration in relation to the course work element of the BTEC First Sport course. You will need to look towards level 5+ in at least English and Science to be successful within this course.

What else is required?

Your must:

- Be hardworking focused and organised – you will need to meet deadlines.
- Be able to work independently, in pairs or groups
- Be prepared to contribute to the work of the PE department in the academy and across Middlesbrough primary and secondary schools.
- Want to peruse a career in sport and / or study sport within further education.

How is the course assessed?

- Each unit is split into activities and marked using PASS, MERIT and Distinction criteria.
- Completion of the assignments is ongoing and you will have the opportunity to improve your work.

Assessment

This course is entirely coursework assessed. You continuously work towards completing a series of practical, written, research and presentation tasks within each unit. Each individual task must meet the requirements of at least a pass in order to move through the course.

What % of marks from the coursework count towards the final grade?

BTEC First Diploma in Sport is entirely coursework based. All submitted coursework counts towards the final subject grade. A Pass grade is worth four GCSE C grades. A Merit is worth two A grades and two B grades and a Distinction is worth two A grades and two A* grades.

Coursework

How many pieces of coursework have to be completed on the course?

Answer – Depends on the amount of outcomes for the unit, usually up to 6 separate tasks per unit.

When will the coursework be issued?

The assessment tasks are issued as the units are delivered. Students should expect to complete assignments for each unit both within and as homework if necessary. These will be assessed through a range of activities including written work, discussions and practical lessons.

How much time should be spent on the coursework? (as a minimum)

All work covered in lesson time is material which is to be included within the final coursework. Students should always make sure that their work is up to date and has answered the questions posed. There is an opportunity to work on coursework during lesson time. Students are also required to work on tasks as homework - approx. 2 hours per week. Those who spend more time on coursework are likely to upgrade their work to 'Merit' and possibly 'Distinction' standard.

What are the titles/themes of the coursework?Year 10

Unit 1 - The Body in Sport

Unit 2 - Health, Safety & Injury in Sport

Unit 4 - Preparation for Sport

Unit 5 - Planning and Leading Sports Activities

Year 11

Unit 6 - Practical

Unit 14 - Instructing Exercise and Fitness

How is the coursework marked?

Students are given two deadlines to meet. They must hand in their first draft of a task before deadline one. It is marked, pointers are given for improvement. The final draft of the task must be handed in by deadline two. Those who have met the criteria for a Pass are given a Pass grade. Meeting all the criteria for a Pass and a Merit will achieve a Merit grade. Meeting all the criteria for a Pass, a Merit and a Distinction will achieve a Distinction. Greater amounts of effort and work are required to get higher than a Pass.

What other qualifications and experiences will I have the chance to gain?

- JSLA – Junior sports Leader Award (Lead sporting activities in core PE and Primary school).
- Basic First Aid Qualification.
- Assist in managing sports teams.
- Organise sports events.
- Coaching enrichment activities and academy teams.

What can I do at the end of the course?

BTEC firsts are valued by colleges and universities.

Your could get a job in –

- Sports / Leisure Centres
- Fitness Centres (further training will be required).
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Or you can go on to further education

- Sports Studies (BTEC National in Sport).
- Sports Development

All of which can lead on towards Teacher Training, Coaching, Health and Fitness, Personal training or Sports Therapy.

100% pass rate at BTEC First in Sport 2006 – 2007.