



About the BTEC First Certificate in Sport

Features

- QCA accredited NQF Level 2 work-related qualifications
- Mapped to QCA's guidelines on work-related learning at Key Stage 4
- BTEC First Certificate equivalent to 2 GCSEs grades A* - C

Advantages

- Prepares young people for careers in the sports sector
- Provides education and training for sports-related personnel who are employed in a variety of types of work, such as fitness, coaching support and land/water-based outdoor pursuits
- Motivates learners via applied learning and assessment
- BTEC qualifications are recognised by employers and education institutions
- Provides a good progression route to more advanced qualifications eg BTEC National

Benefits

- Publicly funded on DfES Section 96 and Section 97
- Listed on the DfES Achievement and Attainment Tables
- Allows flexible delivery for teachers
- Availability of detailed support material for new centre

Module Structure and Units

The units are as follows:

Unit 1: The Body In Sport

- Understand the skeleton and how it is affected by exercise
- Understand the muscular system and how it is affected by exercise
- Understand the cardiovascular system and how it is affected by exercise
- Understand the respiratory system and how it is affected by exercise
- Know the fundamentals of energy systems

Unit 2: Health, Safety and Injury in Sport

- Know the different types of injuries and illnesses associated with sports participation
- Be able to deal with injuries and illnesses associated with sports participation

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- iii. Understand the risks and hazards associated with sports participation
- iv. Be able to undertake a risk assessment relevant to sport

Unit 4: Preparation for Sport (Specialist Unit)

- i. Understand the fitness and lifestyle of an individual sports performer
- ii. Be able to plan a simple fitness training programme for an individual sports performer
- iii. Understand the nutritional requirements of effective sports performance
- iv. Understand the psychological factors that affect sports training and performance

Assessment

Assessment for the BTEC First Certificate in Sport is done by the completion of assignments for each of the Units studied. There is no final examination.