

**Course Description**

All sports performers want to be the best they can be. To reach optimal levels requires years of dedication to training, including successfully overcoming any barriers (such as injury) which might prevent a performer from achieving their goals. Working closely with their coach, the performer will gain an appreciation and understanding of the different fitness components, training principles, training methods and fitness tests which can be incorporated into their training regime to further enhance and improve their sports performance.

Participation in sport continues to grow, as people become more aware of the benefits of physical activity. Engaging young people through sport is a key political agenda, both because current national health statistics show that obesity in young children is rapidly increasing and also because of our striving for excellence and success at major sporting events.

Psychology has become one of the most interesting subjects in the field of sport. The sports viewer will often give a psychological explanation for the failure of a team or individual, for example by saying 'he bottled it'. Sports psychologists are becoming more common in sport, and many sports performers and teams use their services.

Ever wanted to improve your personal fitness but haven't been sure where to start? Have you wanted to design a personal fitness training programme but not been sure how to go about it? This unit shows you the way. Unit 5 is all about creating and implementing a training programme to best suit the needs of a specific individual.

**Topics Covered**

- Unit 1: Fitness for Sport and Exercise (External Assessment)
- Unit 2: Practical Sports Performance (Internal Assessment)
- Unit 3: The Mind and Sports Performance (Internal Assessment)
- Unit 5: Training for Personal Fitness (Internal Assessment)

**Exam Details**

Unit 1: Fitness for Sport and Exercise.

The unit is externally assessed using an onscreen test – Pearson sets and marks the test. The assessment must be taken by the learner under examination conditions. The external assessment will be 1 hour. Number of marks 50.

**Coursework / Controlled Assessment Information**

Unit 2: This is the practical unit where the student will take part in two sports, one individual and one team. The coursework for this unit will link to the sports that they have taken part in. This will incorporate rules and regulations as well as, roles and responsibilities or referees in these chosen sports.

Unit 3: This unit is all coursework based where the student will understand the effects of the mind on sports performance. The content covered will include anxiety, arousal, motivation, self-confidence and how to control and use them to increase performance.

Unit 5: This unit is both practical and coursework based. The student will devise and take part in a six-week training programme and will look at barriers that affect participation and completion of the programme.

### **Progression Route/s**

The Pearson BTEC Level 1/Level 2 First Award in Sport provides a good foundation for learners in post-16 education, or to entry level job roles within the sector.

Achievement at level 2 provides a suitable foundation for further study within the sector through progression on to other vocational qualifications, such as Pearson BTEC Level 3 qualifications in Sport or Sport and Exercise Sciences. The underpinning knowledge, practical and vocational skills learnt will also enhance and support progression to a relevant competency-based qualification, such as the Pearson Level 3 NVQ Diploma in Sports Development, or the Pearson Level 3 NVQ Diploma in Leisure Management. Successful learners at level 2 may also consider general qualifications at level 3, such as a GCE in Physical Education or Leisure Studies.

Students who achieve the qualification at level 1 may progress to a Level 1 NVQ, such as the Pearson Level 1 NVQ Award in Sport and Active Leisure, or a BTEC Level 2 qualification in a related sector. Alternatively, learners may progress to other competency-based qualifications, such as the Pearson Level 2 NVQ Certificate in Active Leisure, Learning and Well-being Operational Services or the Pearson Level 2 NVQ Certificate in Activity Leadership. Alternatively, students may also consider progression to general qualifications such as a GCSE in Physical Education.