



BTEC Tech Award Level 1 / 2 in Sport

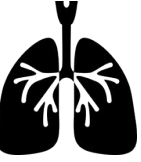


Destination 2:
Living healthy active lifestyles

Destination 1:
A-Level / CTEC PE



Investigate fitness programming to improve fitness and sports performance.



Exam



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

Explore the importance of fitness for sports performance

Investigate different fitness training methods

Component 3



YEAR 11

Learning Aim C – Demonstrate ways to improve participants sporting techniques.

Investigate fitness testing to determine fitness levels.

Learning Aim B – Be able to participate in sport and understand the roles and responsibilities of officials

Moderation Deadline



Learning Aim A – Understand how different components of fitness are used in different physical activities.

Learning Aim C – Be able to prepare participants to take part in physical activity



Moderation Deadline

Component 2



Taking Part and Improving Other Participants Sporting Performance.

Learning Aim A – Explore types and provision of sport and physical activity for different types of participants



Component 1

YEAR 10



Learning Aim B – Examine equipment and technology required for participants to use when taking part in sport and physical activity

Preparing Participants to Take Part in Sport and Physical Activity Internal Assessment.