

## Course information

### Years: KS4 Subject: BTEC Tech Award in Sport, Activity and Fitness

<b>Subject</b>	Physical Education	<b>Subject leader contact</b>	Mr G Magill gmagill@cottesloe.bucks.sch.uk
<b>Exam Board</b>	Edexcel/Pearson	<b>Specification Code</b>	

#### Subject Content

The BTEC Technical Award is for learners who want to acquire theoretical knowledge and technical skills through vocational contexts by exploring areas such as the body systems, psychology, nutrition, technology and leadership.

#### Additional Equipment Needed

- *Course polo-shirt for lessons and leadership sessions.*

#### Assessment Details:

Component 1: Understand the Body and the Supporting Technology for Sport and Activity. (Internal assessment) \*

Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity. (External assessment)  
*Paper of 1hr 30mins.*

Component 3: Applying the Principles of Sport and Activity. (Internal Synoptic assessment) \*

*\*Internal assessment is made up of a number of assignments.*

#### To be successful students will need to be able to:

- Apply their knowledge of the body systems, common sports injuries and technological advances that impact on sport and activity in practical and written contexts.
- Apply key skills that support their theoretical understanding of the training, nutrition and psychological factors that influence and impact on engagement in sport and activity
- Use the underpinning principles of leadership and understand the physical and psychological benefits for session participants.
- Be able to investigate methods of planning, delivering and reviewing sessions for a range of target groups.

#### What can I do to support my child at home?

- *Ask students to explain what they have covered in class as this can help 'internalise' information.*
- *Ensure homework on Show my homework is completed.*
- *Provide support in organising the time to work on assignments.*

#### Recommended resources for the course:

##### Websites

Exam board <https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-activity-and-fitness.html>

Exam board

<https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-activity-and-fitness.coursematerials.html#filterQuery=Pearson-UK:Category%2FSpecification-and-sample-assessments>

##### Books

###### Student Book: (essential)

BTEC Tech Award Sport, Activity and Fitness Student Book.

ISBN: 978-1-4469-4362-5

###### Revision Guide: (essential)

BTEC Tech Award in Sport, Activity and Fitness Revision Guide.

ISBN: 978-1-292-32786-0

###### Practice Assessments: (essential)

Home Study and Independent Learning Parental Support Information

Revise BTEC Tech Award Sport, Activity and Fitness Practice Assessments Plus.  
ISBN: 978-1292306988

**Teaching Staff Contact Details**

<b>Name</b>	<b>Role</b>	<b>Email</b>	<b>Tel</b>
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