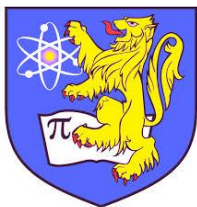
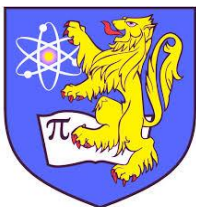


BTEC FIRST AWARD IN SPORT HANDBOOK.



Specification Overview

Subject : BTEC Level 1/Level 2 First Award in Sport

Overview of Content

Year 11 content

Coursework which consists of three units that require students to complete tasks and meet the unit scenario graded pass to distinction.

The units covered during this year:

Unit 6 - Requires students to know the attributes associated with successful sports leadership, undertake the planning and leading of sports activities and review the planning and leading of sports activities.

Unit 4 - Requires students to know about the short-term responses and long-term adaptations of the body systems to exercise and know about the different energy systems used during sports performance.

Online exam

Unit 1 - Requires students to know about the components of fitness and the principles of training, explore different fitness training methods and investigate fitness testing to determine fitness levels.

Year 11 content - practical

The practical sessions will continue to support the teaching of unit 1, allowing students to experience different methods of training and use knowledge gained throughout the course to further develop their practical ability across a range of sports.

Overview of Skills

Students need to be able to 'apply' knowledge, this skill is key for the unit 1 exam as they will be asked to draw upon information they have learnt in the syllabus and apply it to a situation or an individual.

Students need to be able to write in continuous prose, in full paragraphs and with good grammar for the long answer questions at the end of the exam paper. They are given marks based on this skill as well as the content.

In units 4 and 6 students will gain a wider understanding and appreciation of health-related fitness, sports and exercise.

Students will also develop their people, communication, planning and team-working skills by having the opportunity to plan and lead their peers in a range of sporting activities.

Exam boards, controlled assessment dates and exam dates

Edexcel is the exam board.

Students will have a re-sit exam in October 2015, this will be an online and lasts one hour.

Useful revision material/websites

Sources of Information - Textbooks

Adams, M., Armstrong, R., Gledhill, A., Hancock, J., Harris, B., Phillippo, P. and Sergison, A., (2012) *BTEC First Sport Student Book*, Pearson Education (ISBN 978 1 44690 161 8)

Commons, R., Rizzo, G. and Swales, M. (2010) *Level 2 BTEC Firsts in Sport Student's Book*, Oxford, (ISBN 978 1 85008 515 7)

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Websites (Any Sports Governing Body)

Amateur Swimming Association - www.britishswimming.org

Badminton Association of England - www.badmintonengland.co.uk

British Cycling - www.britishcycling.org.uk

British Gymnastics - <http://www.british-gymnastics.org>

The British Olympic Association - <http://www.teamgb.com/>

British Volleyball Association - www.britishvolleyball.org

English Basketball Association - www.englandbasketball.co.uk

The Football Association - www.thefa.com

The Lawn Tennis Association - www.lta.org.uk

The Rugby Football Union - www.rfu.com

Sports Leaders UK - www.sportsleaders.org

Sports Officials UK - www.sportsofficialsuk.com

UK Athletics - www.ukathletics.net

How can parents help

- By encouraging students to attend revision sessions after school on Wednesdays.
- Supporting students to complete all homework on time and to a good standard.
- By ensuring they have a planned revision timetable and are using it between now and January.

Qualification structure

The Edexcel BTEC Level 1/Level 2 First Award in Sport is taught over 120 guided learning hours (GLH). It has core and optional specialist units.

Learners must complete the two core units, and a choice of optional units to reach a total of 120 GLH. This BTEC First Award has units that your centre assesses (internal) and a unit that Edexcel sets and marks (external).

Edexcel BTEC Level 1/Level 2 First Award in			
Unit	Core units	Assessment method	GLH
1	Fitness for Sport and Exercise	External	30
2	Practical Sports Performance	Internal	30
Optional specialist units			
3	The Mind and Sports Performance	Internal	30
4	The Sports Performer in Action	Internal	30
5	Training for Personal Fitness	Internal	30
6	Leading Sports Activities	Internal	30

Grade descriptors for the internal and external units

Internal units

Each internally assessed unit has specific assessment criteria that your centre must use to judge learners' work in order to arrive at a grading decision for the unit as a whole. For internally assessed units, the assessor judges the evidence that the learner has presented to determine whether it meets all the relevant criteria, and then awards a grade at the appropriate level.

The criteria are arrived at with reference to the following grading domains:

- applying knowledge and understanding in vocational and realistic contexts, with reference to relevant concepts and processes, to achieve tasks, produce outcomes and review the success of outcomes
- developing and applying practical and technical skills, acting with increasing independence to select and apply skills through processes and with effective use of resources to achieve, explain and review the success of intended outcomes
- developing generic skills for work through management of self, working in a team, the use of a variety of relevant communication and presentation skills, and the development of critical thinking skills relevant to vocational contexts.

External units

The externally assessed units are assessed using a marks-based scheme.

Level 2 Pass

Learners will be able to recall and apply knowledge in familiar situations, including constructed training sessions, to demonstrate basic principles of training. They have a sound understanding of key terms, processes, equipment and technologies related to sport, training and physical and skill-related fitness. They are able to interpret information about fitness, sports performance and training regimes in order to select and apply knowledge of the principles using sports training. Learners are able to define and communicate key aspects of health, fitness, training and sports performance, selecting appropriate actions in more simple and familiar contexts.

Level 2 Distinction

Learners will be able to synthesise knowledge of sport, training and physical and skill-related fitness, bringing together understanding of training methods, techniques and concepts and applying them to contexts. Learners will also be able to apply advanced training techniques to achieve specific fitness outcomes. They will show depth of knowledge and development of understanding in different situations, being able to make effective judgements based on analysis of given information about fitness, techniques, their uses and their impact on health and fitness targets.

They will be able to make judgements about the consequences of effective and ineffective application of techniques, and make recommendations on solutions, controls, plans and future actions. Learners will be able to compare training methods and approaches, such as the application of principles of training to different regimes and given exercise settings and evaluate alternatives against defined criteria.

External assessment

Externally assessed units have the same grades as internally assessed units:

- Level 2 – Pass, Merit, Distinction
- Level 1
- Unclassified.

The table below shows the type of external assessment and assessment availability for this qualification.

Unit 1: Fitness for Sport and Exercise	
Type of external assessment	The unit is externally assessed using an onscreen test – Edexcel sets and marks the test. The assessment must be taken by the learner under examination conditions.
Length of assessment	The external assessment will be 1 hour.
No. of marks	50
Assessment availability	On demand
First assessment availability	June 2013

Your centre needs to make sure that learners are:

- fully prepared to sit the external assessment
- entered for assessments at appropriate times, with due regard for resit opportunities as necessary.

Sample assessment materials will be available to help centres prepare learners for assessment. Specific arrangements for external assessment are available before the start of each academic year on our website: www.edexcel.com

Unit 1: Fitness for Sport and Exercise

Unit type: **Core**

Assessment type: **External**

Learning aims

In this unit you will:

A know about the components of fitness and the principles of training

B explore different fitness training methods

C investigate fitness testing to determine fitness levels

Unit 4: The Sports Performer in Action

Unit type: **Optional specialist**

Assessment type: **Internal**

Learning aims

In this unit you will:

A know about the short-term responses and long-term adaptations of the body systems to exercise

Criteria covered by this task:		
To achieve the criteria you must show that you are able to:	Unit	Criterion reference
Describe ways in which the musculoskeletal system responds to short-term exercise.	4	2A.P1
Describe ways in which the cardiorespiratory system responds to short-term exercise. *	4	2A.P2
Summarise, using relevant examples, longterm adaptations of the musculoskeletal system to exercise.	4	2A.P3
Summarise, using relevant examples, longterm adaptations of the cardiorespiratory system to exercise. *	4	2A.P4
Explain responses of the musculoskeletal system to short-term exercise.	4	2A.M1
Explain responses of the cardiorespiratory system to short-term exercise. *	4	2A.M2
Explain long-term adaptations of the musculoskeletal system to exercise.	4	2A.M3
Explain long-term adaptations of the cardiorespiratory system to exercise. *	4	2A.M4
Using three different sports activities, compare and contrast how the musculoskeletal and cardiorespiratory systems respond and adapt to exercise. *	4	2A.D1

B know about the different energy systems used during sports performance.

Criteria covered by this task:		
To achieve the criteria you must show that you are able to:	Unit	Criterion reference
Describe the function of the three energy systems in the production and release of energy for sports performance.	4	2B.P5
Using two selected sports, explain how the body uses both the anaerobic and aerobic energy systems.	4	2B.M5
Compare and contrast how the energy systems are used in sports with different demands.	4	2B.D2

Unit 6: Leading Sports Activities

Unit type: **Optional specialist**

Assessment type: **Internal**

Learning aims

In this unit you will:

A know the attributes associated with successful sports leadership

Criteria covered by this task:		
To achieve the criteria you must show that you are able to:	Unit	Criterion reference
Describe, using relevant examples, the attributes required for, and responsibilities of, sports leadership.	6	2A.P1
Describe the attributes of two selected successful sports leaders.	6	2A.P2
Explain the attributes required for, and responsibilities of, sports leadership.	6	2A.M1
Evaluate the attributes of two successful sports leaders.	6	2A.M2
Compare and contrast the attributes of two successful sports leaders.	6	2A.D1

B undertake the planning and leading of sports activities

Criteria covered by this task:		
To achieve the criteria you must show that you are able to:	Unit	Criterion reference
Plan two selected sports activities.	6	2B.P3
Independently lead a sports activity session.	6	2B.P4
Justify the choice of activities within the sports activity plan	6	2B.M3
Lead a successful sports activity session.	6	2B.M4

C review the planning and leading of sports activities.

Criteria covered by this task:		
To achieve the criteria you must show that you are able to:	Unit	Criterion reference
Review the planning and leading of the sports activity session, describing strengths and areas for improvement, and targets for future development as a sports leader.	6	2C.P5
Explain targets for future development as a sports leader, including a personal development plan.	6	2C.M5
Justify targets for future development as a sports leader and activities within the personal development plan.	6	2C.D2

Unit covered in year 9 and 10

Unit 2: Practical Sports Performance

Level: **1 and 2**

Unit type: **Core**

Guided learning hours: **30**

Assessment type: **Internal**

Learning aim A: Understand the rules, regulations and scoring systems for selected sports

Criteria covered by this task:		
To achieve the criteria you must show that you are able to:	Unit	Criterion reference
Describe the rules, regulations and scoring systems of two selected sports.	2	2A.P1
Apply the rules of a selected sport in four specific situations.	2	2A.P2
Describe the roles and responsibilities of officials from two selected sports.	2	2A.P3
For each of two selected sports, explain the role and responsibilities of officials and the application of rules, regulations and scoring systems.	2	2A.M1
Compare and contrast the roles and responsibilities of officials from two selected sports, suggesting valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport.	2	2A.D1

Learning aim B: Practically demonstrate skills, techniques and tactics in selected sports

Criteria covered by this task:		
To achieve the criteria you must show that you are able to:	Unit	Criterion reference
Describe the technical and tactical demands of two selected sports.	2	2B.P4
Use relevant skills, techniques and tactics effectively, in two selected sports, in conditioned practices.	2	2B.P5
Use relevant skills, techniques and tactics effectively, in two selected sports, in competitive situations.	2	2B.M2

Learning aim C: Be able to review sports performance

Criteria covered by this task:		
To achieve the criteria you must show that you are able to:	Unit	Criterion reference
Independently produce an observation checklist that can be used effectively to review own performance in two selected sports.	2	2C.P6
Review own performance in two selected sports, describing strengths and areas for improvement.	2	2C.P7
Explain strengths and areas for improvement in two selected sports, recommending activities to improve own performance.	2	2C.M3
Analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance.	2	2C.D2

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Websites (Any Sports Governing Body)

Btec Specification and exam papers

<https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.html>

Amateur Swimming Association - www.britishswimming.org

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