

Subject Name	Pearson BTEC Level 1/Level 2 First Award in Sport
Exam Board	Pearson
QAN Code	600/4779/3
Overview of Subject	<p>This course provides an engaging and relevant introduction to the world of sport. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, the psychology of sport, practical sports performance and sports leadership. It enables you to develop and apply your knowledge, while also developing a range of relevant practical, communication and technical skills. The qualification is 120 GLH, which is the same size and level as a GCSE, is aimed at everyone who wants to find out more about the sport industry. You will study three mandatory units, covering the underpinning knowledge and skills required for the sports sector: fitness for sport and exercise, practical performance in sport and applying the principles of personal training. You will build on the knowledge gained in the mandatory units by studying one further unit, leading sports activities.</p>
How is the qualification examined?	<p>You will carry out tasks/assignments throughout the course. Your teacher will mark these, and so you will receive feedback as to how you are getting on. For the assessment for Unit 3 Applying the Principles of Personal Training, you will be able to draw on the knowledge, skills and understanding you have developed in the qualification as a whole. The assessment for Unit 1: Fitness for Sport and Exercise is an onscreen test which is marked by Pearson.</p>
Any further Information	<p>The Pearson BTEC Level 1/ Level 2 First Award in Sport provides a general introduction to the sector, which enables you to acquire, develop and apply the skills and knowledge required for further academic and/or vocational study in sport.</p>