



OPTIONAL

Overview

You will:

- Have opportunities to officiate in game situations
- Have opportunity to develop sporting competence in a range of sports
- Understand different components and principles of training
- Have the opportunity to review individual sports performance through video analysis
- Carry out various fitness tests
- Learn about specific tactics, skills and techniques to improve sports performance
- Create and implement a self-designed fitness training programme to achieve own goals and objectives

Assessment

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.

Unit 1 (External exam)	<p style="text-align: center;">Fitness for Sport and Exercise</p> <p>The assessment for Unit 1: Fitness for Sport and Exercise is an onscreen test which is marked by Pearson.</p>
Unit 2 (internal coursework)	<p style="text-align: center;">Practical Performance in Sport</p> <p style="text-align: center;">In this unit you will:</p> <p>A - Understand the rules, regulations and scoring systems for selected sports B - Practically demonstrate skills, techniques and tactics in selected sports C - Be able to review sports performance.</p>
Unit 3 (internal coursework)	<p style="text-align: center;">Applying the Principles of Personal Training</p> <p style="text-align: center;">In this unit you will:</p> <p>A - Design a personal fitness training programme B - Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training C - Implement a self-designed personal fitness training programme to achieve own goals and objectives D - Review a personal fitness training programme.</p>
Unit 6 (internal coursework)	<p style="text-align: center;">Leading Sports Activities</p> <p style="text-align: center;">In this unit you will:</p> <p>A - Know the attributes associated with successful sports leadership B - Undertake the planning and leading of sports activities C - Review the planning and leading of sports activities.</p>

Progression Pathways

If you are interested in taking your study of sport further, the subject-specific knowledge and skills outlined above, and developed through studying this qualification, will give you a strong foundation for academic or vocational study at level 3, including apprenticeships.

Careers

Physiotherapist
 Sports Medic
 Sport Engineering

Sports Scientist
 Sport Administrator
 Sports/Fitness Instructor

Dietician/Nutritionist
 Coach/Trainer
 PE Teacher