

<h3>Course description</h3> <p>The course has two units that everyone must take (Units 1 and 2) plus two optional units that you may choose.</p> <p><b>Compulsory units</b></p> <table border="1"> <tr> <td>Unit 1 Fitness for Sport and Exercise</td> <td>You will explore the essential components of fitness and training methods used to achieve successful sports performance.</td> </tr> <tr> <td>Unit 2 Practical Sports Performance</td> <td>You will develop knowledge of the rules, scoring, skills and techniques in selected sports through practical application.</td> </tr> </table> <p><b>Optional units</b></p> <table border="1"> <tr> <td>Unit 3 The Mind &amp; Sports Performance</td> <td>This unit focuses on how personality, motivation, arousal and anxiety can influence sports performance.</td> </tr> <tr> <td>Unit 4 The Sports Performer in Action</td> <td>You will look at the different energy systems for different sporting activities and how the musculoskeletal and cardio respiratory systems function during exercise.</td> </tr> <tr> <td>Unit 5 Training for Personal Fitness</td> <td>You will design, implement and review a personal fitness training programme.</td> </tr> <tr> <td>Unit 6 Leading Sports Activities</td> <td>You will plan, lead and review sports activities and develop a greater understanding of the attributes needed for successful leadership.</td> </tr> </table> <p>Lessons will consist of a mixture of both practical and theoretical classroom-based learning.</p>	Unit 1 Fitness for Sport and Exercise	You will explore the essential components of fitness and training methods used to achieve successful sports performance.	Unit 2 Practical Sports Performance	You will develop knowledge of the rules, scoring, skills and techniques in selected sports through practical application.	Unit 3 The Mind & Sports Performance	This unit focuses on how personality, motivation, arousal and anxiety can influence sports performance.	Unit 4 The Sports Performer in Action	You will look at the different energy systems for different sporting activities and how the musculoskeletal and cardio respiratory systems function during exercise.	Unit 5 Training for Personal Fitness	You will design, implement and review a personal fitness training programme.	Unit 6 Leading Sports Activities	You will plan, lead and review sports activities and develop a greater understanding of the attributes needed for successful leadership.	<h3>Entry requirements</h3> <p>Sound prior achievement in Physical Education and a positive attitude.</p>
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<h3>Assessment</h3> <table border="1"> <tr> <td>25%</td> <td>Online examination (Unit 1)</td> </tr> <tr> <td>75%</td> <td>Coursework (Unit 2 plus two optional units)</td> </tr> </table> <p>Each unit within the qualification has specified assessment and marking criteria which are used for grading purposes. A summative unit grade can be awarded at pass, merit or distinction.</p>	25%	Online examination (Unit 1)	75%	Coursework (Unit 2 plus two optional units)	<h3>Key skills</h3> <p>Research, leadership, LLL and PLTS, analysis and evaluation.</p>								
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<h3>Further education opportunities</h3> <p>Students who achieve at least a 'pass' will have the ideal preparation for the BTEC National Sport Level 3 qualification (Development, Coaching &amp; Fitness) or entry level jobs in the sector.</p>	<h3>Cost</h3> <p>We strongly recommend that all students purchase a Revision Guide. These can be purchased from the P.E. Department at an approximate cost of £3.00.</p> <h3>Careers</h3> <p>Recreational Management, Coaching, Fitness Industry, Officiating and more.</p>												
<h3>Enrichment &amp; Support</h3> <ul style="list-style-type: none"> <li>Assisting at sporting extra-curricular activities.</li> <li>Assignment catch-up sessions.</li> </ul>													