

# BTEC Level 2 Tech Award in Sport, Activity and Fitness

Year on year, the sport industry shows continued growth in employment and forecasts suggest this trend will continue. This comes from increased knowledge and understanding of the benefits of regular participation in sport and physical activity. Sport England provides well documented research of these benefits including improvements in physical and mental wellbeing, economic development, individual development and social and community development (2020). These contribute significantly to the quality of a person's life and, as such, there is a need to ensure there are sufficient people working in the industry to meet this demand and encourage regular participation in sport and physical activity. There has never been a better time to study sport.

What skills are needed for this course?

- You need to be able to communicate well, both orally and in writing, with a wide range of people
- Commitment and interest to playing sport
- Work independently and within a team
- An ability to meet deadlines

The course aims to:

- Encourage personal development through practical participation and performance in a range of sports and exercise activities
- Gives learners a wider understanding and appreciation of health-related fitness, sports and exercise through selection of specialist units
- Encourage learners to develop their people, communication, planning and team-working skills by having the opportunity to select from optional generic units available in the qualification structure

What units will I study?

Components:

- Preparing Participants to Take Part in Sport and Physical Activity
- Taking Part and Improving Other Participants Sporting Performance
- Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

How much practical work is there?

- The course is taught through practical activities wherever possible.

Assessment:

- Components are both internally and externally assessed, with component 2 requiring young learners to complete an exam.
- Students will then be assessed against criteria to achieve either a Level 1 Pass, Merit, distinction or a Level 2 Pass, Merit or Distinction

Career Opportunities:

- This course provides a good foundation for learners into post-16 education or to job roles within the Sport sector.
- This course allows students to move on to sports A Level or Level 3 BTEC.