

Sport and Physical Activity

What will I learn?

This qualification is for learners who are 16 years old or over, and want to study sport, leisure or fitness.

This course will provide learners with the opportunity through applied learning to develop core principles and specialist knowledge, skills and understanding required in an Assistant Activity Leader role in the sport and physical activity sector.

What can I do next?

The qualification gives learners a sound basis to progress to a Level 3 qualification, such as BTEC Sport. Learners could decide to enter employment in the sector as a supervised Assistant Activity Leader in summer camps, after-school clubs or leisure centres for example. Learners could also continue their education with an Apprenticeship in Activity Leadership or as a Community Sport and Health Officer.

What skills and knowledge will be covered?

Learners will take four mandatory units:

- Unit 1: Physical activity, health and wellbeing
- Unit 2: Physical preparation and readiness for sport and physical activity
- Unit 3: Leading sport and physical activity sessions
- Unit 4: Inclusivity, diversity and equality in delivering sport and physical activity

These units will give learners knowledge and understanding of the short and long term effects of sport and physical activity on the body systems and how participation can benefit health and wellbeing. Learners will also learn how to select appropriate sports or physical activities for people to participate in depending on their needs which includes their age; their ability; any disabilities, injuries or illnesses; their cultural background and their likes and dislikes before going on to develop skills in delivering safe, inclusive and enjoyable sport and physical activity sessions.

Summary

Level: BTEC Level 2

Duration: 1 year

Qualification:
Level 2 Technical
Certificate

Entry Requirements:
In order to study a programme of Level 2 courses students need to achieve a minimum of 5 GCSEs at Grades 3 or above. Students with a 3 or below in English and/or Maths must re-sit these. This is a government requirement, not just a school policy.

Assessment Criteria

Units 1 and 2 are assessed by exam and marked by OCR. School staff will internally assess all the other units and OCR will moderate them.

Learners can resit an examined unit once before they complete the qualification.

Unit 1 is graded achieved/not achieved.

All the other units are graded Pass, Merit and Distinction.

The qualification is graded Pass, Merit, Distinction, Distinction*



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