

PHYSICAL EDUCATION: OCR CNAT BTEC Sport Science – Level 1/2

This BTEC course is worth the equivalent of a GCSE Grade 1-9 and combines coursework and examination methods of assessment to develop students' knowledge within the world of Sports Science, over two years. It delves into a range of sporting topics focusing on how science is applied within sport, over 3 components which are detailed below.

This course is assessed more on the theoretical and application of sporting knowledge from students in the below topics and not on practical ability.

Course Content

R180: Reducing the Risk of Sports Injury	R181: Applying the Principles of Training
• Written Examination = 1hr 15min • 40% of the qualification • 70 Marks Content Overview Topic Area 1: Factors influencing the risk & severity of injury Topic Area 2: Warm-up & Cool-Down routines Topic Area 3: Types & causes of sports injuries Topic Area 4: Treatment & rehabilitation of sports injuries and medical conditions Topic Area 5: Causes, symptoms & treatment of medical conditions	• Coursework = Approx. 16 hours • 40% of the qualification • 80 Marks Content Overview Topic Area 1: Components of Fitness applied in sport Topic Area 2: Principles of Training in sport Topic Area 3: Organising & planning a fitness training programme Topic Area 4: Evaluation of personal performance and delivery of a fitness training programme

R183: Nutrition & Sports Performance
• Coursework = Approx. 10 hours • 20% of the qualification • 40 Marks Content Overview Topic Area 1: Nutrients needed for a healthy, balance nutrition plan Topic Area 2: Applying dietary requirements to different sports Topic Area 3: Developing a balanced nutrition plan for sports Topic Area 4: How nutritional behaviours can be managed to improve performance



PHYSICAL EDUCATION: BTEC TECH AWARD IN SPORT - Level 1/2

- The course is worth the equivalent of one GCSE grade 9 – 1 but has its own seven tier grading system:

Level 2 Distinction

Level 1 Distinction

Level 2 Merit

Level 1 Merit

Level 2 Pass

Level 1 Pass

Unclassified

Course Overview:

Component	GLH	Qualification Weighting	Marks available	Type of assessment	Length of Assessment
Component 1: Preparing Participants to Take Part in Sport and Physical Activity	36	30%	60	Internal assessment (PSA*) with 3 tasks. Externally moderated	5 hours of supervised sessions
Component 2: Taking Part and Improving Other Participants' Sporting Performance	36	30%	60	Internal assessment (PSA*) with 4 tasks. Externally moderated	4 hours of supervised sessions
Component 3: Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity	48	40%	60	External synoptic exam. Externally marked	1 hour 30 mins

*Pearson set assignments (PSAs) are set by Pearson, marked by West Park teachers and moderated by Pearson.

The majority of the course is theory based and taught in the classroom, but there will be practical elements to help with learning and assessment. However, students do not need to be elite performers to achieve highly in this course.

Content Overview:

Component 1: Preparing Participants to Take Part in Sport and Physical Activity

Learners explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.

Component 2: Taking Part and Improving Other Participants Sporting Performance

Learners investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participant's sporting performance.

Component 3: Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity

Learners are introduced to and develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing.

Please contact Mr S McKay or Mr D Attewell if you would like further guidance.



Quick Guide to the **BTEC Tech Award in Sport (2022)**



BRAND NEW FOR 2022

First teaching: September 2022

Course level: Level 1/ Level 2

Course size: Total Qualification Time: 149 hours/ Total Guided Learning Hours: 120

QN: 603/7068/3