



The Oldershaw School

BTEC PE - HOD Mr J Gilbert

Course Outline & Exam Ratio

This course gives students specialist knowledge and skills in Sport. This course is graded as a Pass, Merit or Distinction. The qualification is recognised by UCAS, Universities and Employers as the equivalent to one A Level.

There are 3 Mandatory Units and 1 Optional Unit. All optional units are internally set and assessed by the Centre, a sample of which is moderated externally. Work can be submitted by way of assignments, portfolios, power point presentations and investigative research

Year 12

Students will study mandatory units 1 and 2 below with exams taking place in January and June.

1. Anatomy & Physiology - Students will look at the structure and function of the musculo-skeletal cardio-respiratory systems and the energy systems and how they are all affected by exercise and training. This unit will be assessed externally and will be in the form of a written examination – 1.5 hours (90 marks)
2. Fitness Training & Programming for Health, Sport & Well-Being - Students will study health screening and assess lifestyles, interpreting data collected. They will understand the different methods of fitness training and be able to plan and review a fitness training programme. This unit is assessed externally by way of a written, supervised case study. (60 marks)

Year 13

Students will study the final mandatory unit together with one of the optional units. Both will be assessed by way of assignments.

Professional Development in the Sports Industry (Mandatory) - Students will review different career pathways in the sports industry. They will look at the recruitment and selection process within the sports industry and develop their own possible career development plan using a skills audit. This unit is assessed internally by way of an assignment.

There is 1 Optional Unit:

1. Sports Leadership - Students will look at the roles, qualities, characteristics of a good leader together with an effective style of leadership. They will also explore how psychological factors can link to leadership.
2. Application of Fitness Testing - Students explore the reasoning and principles behind fitness testing, different tests for different types of fitness and how to evaluate and feedback to clients.
3. Sports Psychology - Students consider personality, motivation and pressure with regards to performance and also the impact of group dynamics on performance. Students explore psychological skills training and performance.
4. Practical Sports Performance - Students take a look at National Governing body rules/laws and regulations for selected sports competitions. They examine and develop their own skills, techniques and tactics required to perform in selected sports and reflect on their own practical performance using selected assessment methods.

Progression Routes

This course will facilitate further study in BTEC Nationals, further study at College/University or indeed lead to employment within the leisure industry

**Apply
Here**

Enrichment Opportunities

The department has developed links with John Moores University, students take advantage of trips to their Sports Science Department.

**this course will only run subject to government accreditation and funding.*