

Achieving a Distinction* in Btec Sport

<p><u>Practical Sport – Distinction (Coursework)</u></p> <p>Learning aims In this unit you will:</p> <p>A understand the rules, regulations and scoring systems for selected sports B practically demonstrate skills, techniques and tactics in selected sports C be able to review sports performance.</p>	<p><i>Complete the following tasks</i></p> <p>D1 - Compare and contrast the roles and responsibilities of officials from two selected sports, suggesting valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport.</p> <p>D2 - Analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance.</p>
<p><u>Fitness for Sport – Distinction (Exam)</u></p> <p>Learning aims In this unit you will:</p> <p>A know about the components of fitness and the principles of training B explore different fitness training methods C investigate fitness testing to determine fitness levels.</p>	<p><i>Know the following:</i></p> <p>The components of fitness and the principles of training</p> <p>Components of skill-related fitness</p> <p>Why fitness components are important for successful participation in given sports in terms of</p> <p>Exercise intensity and how it can be determined</p> <p>Requirements for each of the following fitness training methods</p>
<p><u>Training for Personal Fitness – Distinction (Coursework)</u></p> <p>Learning aims In this unit you will:</p> <p>A design a personal fitness training programme B know about exercise adherence factors and strategies for continued training success C implement a self-designed personal fitness training programme</p>	<p><i>Complete the following tasks</i></p> <p>D1 - Justify the training programme design, explaining links to personal information</p> <p>D2 - Safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress.</p>

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<p>to achieve own goals and objectives D review a personal fitness training programme.</p>	<p>D3 - Justify recommendations for future training and performance.</p>
<p><u>Leadership in Sport – Distinction (Coursework)</u></p> <p>Learning aims In this unit you will: A know the attributes associated with successful sports leadership B undertake the planning and leading of sports activities C review the planning and leading of sports activities.</p>	<p>Complete the following tasks</p> <p>D1 - Compare and contrast the attributes of two successful sports leaders.</p> <p>D2 - Justify targets for future development as a sports leader and activities within the personal development plan.</p>