

Achieving a Pass in Btec Sport

<p><u>Practical Sport – Distinction (Coursework)</u></p> <p>Learning aims In this unit you will: 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>Complete the following tasks</p> <p>Pass (P1) Describe the rules, regulations and scoring systems of two selected sports.</p> <p>Pass (P2) Apply the rules of a selected sport in four specific situations.</p> <p>Pass (P3) Describe the roles and responsibilities of officials from two selected sports.</p> <p>Pass (P3) Plan two selected sports activities.</p> <p>Pass (P4) Independently lead a sports activity session.</p> <p>Pass (P5) Review the planning and leading of the sports activity session, describing strengths and areas for improvement, and targets for future development as a sports leader.</p>
<p><u>Fitness for Sport – Distinction (Exam)</u></p> <p>Learning aims In this unit you will: 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>Know the following:</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>

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	<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: 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 to achieve own goals and objectives D review a personal fitness training programme.</p>	<p><i>Complete the following tasks</i></p> <p>Pass (P1) Summarise personal information for designing a fitness training programme.</p> <p>Pass (P2) Independently design a safe six-week personal fitness training programme</p> <p>Pass (P3) Describe the principles of training and their application to the personal fitness training programme design</p> <p>Pass (P4) Describe four personal exercise adherence factors and four strategies for training success.</p> <p>Pass (P5) Safely implement a six week personal fitness training programme, maintaining a training diary.</p> <p>Pass (P6) Review the six-week personal fitness training programme, describing strengths and areas for improvement</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><i>Complete the following tasks</i></p> <p>Pass (P1) Describe, using relevant examples, the attributes required for, and responsibilities of, sports leadership.</p> <p>Pass (P2) Describe the attributes of two selected successful sports leaders.</p>

Achieving a Pass in Btec Sport

	<p>Pass (P3) Plan two selected sports activities.</p> <p>Pass (P4) Independently lead a sports activity session.</p> <p>Pass (P5) Review the planning and leading of the sports activity session, describing strengths and areas for improvement, and targets for future development as a sports leader.</p>
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