

BTEC Sport | Component 1

Component 1 is split into **three different tasks with a combined mark out of 60 which contributes to 30% of your final grade**. Each task relates to a scenario provided by the exam board through a PSA. Each task has a set time limit to complete. Once complete your **teacher will assess**. Students are then selected for moderation.

Key Knowledge

- **Types of Activities**
- **Benefits of Taking Part in Sport**
- **Types of Provision**
- **Types and Needs of Participants**
- **Barriers to Participation**
- **Overcoming Barriers**

Task 1

- **Objective:** Learners will use knowledge acquired to select suitable physical activities for the case study provided considering the provision available.
- **Time:** 2 Hours
- **Assessment Method:** Written (**Word Document**)
- **Assessment Weighting :** 12% of Final Grade

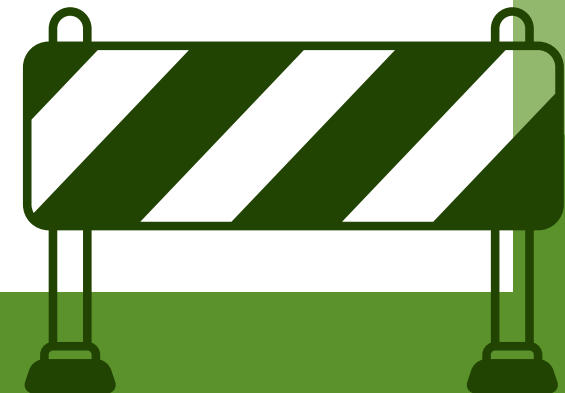
Task 2

- **Objective:** Learners will use knowledge acquired to select and discuss how technology would affect provision for the case study person
- **Time:** 1 Hour
- **Assessment Method:** Presentation(**PowerPoint**)
- **Assessment Weighting :** 6% of Final Grade

Task 3

- **Objective:** Learners will demonstrate practical delivery, communication and planning by producing a warm-up plan and demonstration of the warm-up video* evidence will be of the warm up – approx. 10 mins
- **Time:** 2 Hour
- **Assessment Method:** Written (**Word Document**) & **Practical**
- **Assessment Weighting :** 12% of Final Grade

QR Code to BTEC Sport Hub -
Revision Materials and
Coursework Guidance



Develop | Educate | Engage | Prepare



BTEC Sport | Component 2

Component 2 is split into **four different tasks** with a combined mark out of **60** which contributes to **30% of your final grade**. Each task relates to a scenario provided by the exam board through a PSA. Each task has a set time limit to complete. Once complete your **teacher will assess**. Students are then selected for moderation.

Key Knowledge

- **Components of Fitness**
- **Rules and Regulations**
- **Types of Practice**
- **Official in Sport**
- **Supporting Participants**
- **Motivation of Individuals**

Task 1

- **Objective:** Understand how different components of fitness are used in different physical activities
- **Time:** 1 Hour
- **Assessment Method:** Written (**Word Document**)
- **Assessment Weighting :** 6% of Final Grade

Task 2

- **Objective:** Video* of sports skills in a given scenario – approx. 15 min video in isolated practices and competitive situations
- **Time:** 1 Hour
- **Assessment Method:** Video (**Practical**)
- **Assessment Weighting :** 6% of Final Grade

Task 3

- **Objective:** Rules, regs and roles and responsibilities of officials
- **Time:** 1 Hour
- **Assessment Method:** Presentation (**PowerPoint**)
- **Assessment Weighting :** 6% of Final Grade

Task 4

- **Objective:** Demonstrating one skills – video* evidence (approx. 10 mins) and written response
- **Time:** 1 Hour
- **Assessment Method:** Written (**Word Document**) & **Practical**
- **Assessment Weighting :** 12% of Final Grade

QR Code to BTEC Sport Hub -
Revision Materials and
Coursework Guidance

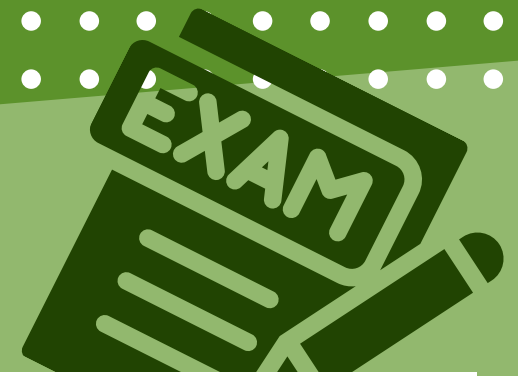


Develop | Educate | Engage | Prepare



BTEC Sport | Component 3

Component 3 is a **1 hour 30 min exam** which students have two attempts at sitting if required. One attempt in January of Year 11 and a second attempt in June. The exam is out of **60 marks** and is **40% of the final grade**.



Key Knowledge

- **Components of Fitness**
- **Fitness Testing Methods**
- **FITT Principle**
- **SPORT Principle**
- **Exercise Intensities & Technology**
- **Motivation**
- **Personal Information to Aid Training**

Learning Aim A

- **Objective:** Explore the importance of Fitness Testing
- **Topics:** Definitions of Physical and Skill Related Components of Fitness, Fitness Training Principles, Exercise Intensities.

Learning Aim B

- **Objective:** Investigate Fitness Testing
- **Topics:** Reasons for Fitness Testing, Pre-Test Procedures, Validity and Reliability, Practicality, Fitness Testing Data

Learning Aim C

- **Objective:** Investigate Fitness Testing Methods
- **Topics:** Warm-up and Cool Down, Methods of Testing including advantages and disadvantages, FITT Principle.

Learning Aim D

- **Objective:** Investigate Fitness Programming to Improve Performance
- **Topics:** Aims and Objectives, PAR-Q and Lifestyle Questionnaire, Types of Motivation and Techniques, SMARTER Targets, Benefits of Motivation

QR Code to BTEC Sport Hub -
Revision Materials and
Coursework Guidance



Develop | Educate | Engage | Prepare

