

# Sport (PE)

**Awarding Body**  
EDEXCEL

**Course Level**  
BTEC Level 3 Subsidiary Diploma (60 Credits)

**Course Leader**  
Mr E. Blake

## Entry Requirements

Students should have 5 GCSE's including English, Maths and Science. Candidates will have a strong interest in sport and if they have studied at level 2 will have gained a pass (BTEC Sport) or a grade C at GCSE PE. They will probably be playing sport outside of school.

## Course Description

This course is equivalent to one A2 Level. It is programmed to last for two years of study in the same time frame as a single A level subject. The course is designed to further enhance the learning of the world of sport to provide a sound basis for employment or for entry to higher education at university.

The course is assessed internally through 100% coursework. The course is assessed as distinction \*, distinction, merit, pass or fail.

Pass is equivalent to grade E at A2 Level, 40 UCAS points

Merit is equivalent to grade C at A2 Level, 80 UCAS points

Distinction is equivalent to Grade A at A2 Level, 120 UCAS points

Distinction \* is equivalent to Grade A\* at A2 Level, 140 UCAS points.

The course comprises the framework of personal, learning and thinking skills. Encompassing Team work, reflective learners, independent enquirers, effective participators, self-managers and creative thinkers.

This the first year of this course running. The course layout is the intended teaching over the next two years although there may be some changes.

1. **Principles of Anatomy and physiology (5 credits).** Understanding the skeletal system, muscles, joints, cardiovascular, respiratory and energy systems.

**5. Practical sport (10 credits).** To describe skills in two different team and individual sports, describe rules and regulations, demonstrate appropriate skills, perform a self analysis, carry out a team analysis.

<p><b>2.The physiology of fitness (5 credits).</b> To Understand how the body responds to exercise. Know the long term effects of exercise on the body systems. Be able to investigate the physiological effects of exercise on the body systems.</p>	<p><b>6.Psychology for sort performance (10 credits).</b> Understand nutritional requirements, the structure and function of the digestive system, understand how energy balance is important to sports performance, know how hydration affects performance, know a balanced diet, be able to plan a two week diet plan.</p>
<p><b>3.Assessing risk in sport (10 credits).</b> To understand health and safety legislation, be able to carry out risk assessments, understand how to plan and promote safe exercise.</p>	<p><b>7.Sports nutrition (10 credits).</b> Know the effect of personality and motivation on performance, know the relationship between stress, anxiety, arousal and sports performance, know the role of group dynamics in team sports, be able to plan a psychological skills training program to enhance sports performance.</p>
<p><b>4.Fitness testing for sport and exercise (10 credits).</b> Be able to describe fitness tests, produce a screening questionnaire, safely administer tests, give feedback to individuals assessing their fitness levels.</p>	

**Teaching Team**

**Mr E. Blake  
Mrs J. Fielder  
Mr D. Fielder  
Mr S. Hardman  
Mrs L. Cartland**