



# BTEC Tech Award- Sport

# 3 Components

- **Component 1:** Preparing Participants to Take Part in Sport and Physical Activity
- **Component 2:** Taking Part and Improving Other Participants Sporting Performance
- **Component 3:** Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity



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# Component 1



Content	Opportunities	Assessment
Explore types of provision and facilities for participation	Learn about careers in the leisure industry Explore local facilities for elite athletes to recreational use	Written task- Research local facilities and the sports, physical activities and outdoor and adventurous activities (OAA) 2hrs
Examine sports equipment and technology	Investigate the exciting range of equipment and technology used in sport- performance analysis, health tracking devices,	Presentation on equipment and technology for 2 sports/physical activities or OAA- 1hr
Plan and deliver warm up	Develop leadership, organisation and communication skills. Be involved in coaching and leading sports activities	Prepare a sport specific warm up- 1hr preparation Deliver a warm up to a small group- 15 minutes

# Component 2



Content	Opportunities	Assessment
Understand how different components of fitness are used in different physical activities	Explore and understand how to apply components of fitness to all sports. Improve your knowledge of what components help elite athletes	Written task- Apply your knowledge of components of fitness to a sport or OAA- 2hrs
Be able to participate in sport and understand the roles and responsibilities of officials	Investigate the roles and responsibilities of an official in a sport of your choice. Officiate in class, inter house comps and primary school competitions Undertake an officiating course- gain employment!	Presentation- explaining the roles and responsibilities of an official- 1hr
Participation in Sport	Participation in a sport or OAA (e.g.rock climbing) outside of school You must be playing and/or competing in at least 1 sport	Video footage- various skills in isolation. Video footage of you playing in a competitive match/situation- 15 mins
Improving sports participation	Develop your coaching and leadership skills	Plan a coaching session- 1hr Deliver a coaching session- isolated demonstration of a skill to a conditioned practice- 15 mins





## Component 3- Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity



- Fitness testing- administration, testing, analysing results
- Training methods- understand and apply different training methods for different sports and individuals
- Personal information to aid training fitness programme design



# Post 16 Options

- A-Levels
- Coaching Diplomas
- Level 3 Tech awards
- Football academy and other sports
- Officiating courses
- Coaching courses



# CAREERS IN SPORT

What can I be?

