

# Sport and Performance



## Why choose Sport and Performance?

- Sport and Performance is a new and exciting way of learning about modern sport and its industry through coursework and practical modules. There are NO EXAMINATIONS.
- The course is delivered by experienced teachers all of whom have their respective specialist areas.
- There are opportunities for students to gain qualifications such as Sports Leaders and Basic Coaching Awards. You can also study the Welsh Baccalaureate alongside this subject.
- On completion of their BTEC qualification students can progress to degree level and study a variety of courses such as Sports Development, Sports Coaching, Sports Science, Physical Education and Physiotherapy to name but a few.
- Ultimately the course enables individuals to develop both academically and personally through the study of sport, in an enjoyable and stimulating environment.

# Course Details

**Qualification Type:** BTEC Sport and Performance National Award

**Equivalent of 1 full 'A' level**

**Requirements:** You will study six units over two years.  
Five hours contact time per week.

- BTEC Nationals are vocational qualifications that fully engage learners
- They adopt a practical and real-world approach to learning and skills development alongside theoretical backgrounds
- They are flexible in that they allow the learner to choose what they wish to study enabling them to follow their strength

**Unit Titles:**

**Core:**

- The Body in Action
- Health and Safety in Sport
- Training and Fitness for Sport

**Specialists:**

- Sport Coaching
- Practical Team or Practical Individual Sports
- Fitness Testing for Sport and Exercise

The units will provide the majority of evidence needed for the Welsh Baccalaureate communication and independent study key skills units

**Departmental Information:**

For further information see Miss A Jones or Mrs L Jenkins (Curriculum Team Leaders)