

Physical Education—BTEC



Year 10		Year 11	
Unit	Assessment	Units	Assessment
<p>Unit 1:</p> <p>Fitness for Sport and Exercise</p> <p>Learners will cover the components of physical and skill-related fitness and the principles of training; explore different fitness training methods for developing components of fitness; gain knowledge and skills in undertaking and administering fitness tests. This unit is particularly relevant for learners who would like to work in sports coaching, elite sport or personal training.</p>	<p>Online exam 25%</p>	<p>Unit 3:</p> <p>Applying the Principles of Personal Training</p> <p>This unit supports you in achieving personal training goals for your chosen activity/sport. If you already possess good to exceptional levels of fitness, then this unit will help you to develop a training programme to maintain or improve those levels, while giving you the opportunity to safely explore other training methods you might not usually experience. You will also explore how your body responds to the training sessions</p>	<p>Coursework 25%</p>
<p>Unit 2:</p> <p>Practical Sports Performance</p> <p>Participation in sport continues to grow, as people become more aware of the benefits of physical activity. This unit focuses on developing and improving learners own practical sports performance and introduces them to a variety of different sports and, through participating in different sports, they will develop knowledge of the associated rules, regulations, scoring systems, skills, techniques and tactics.</p>	<p>Coursework 25%</p>	<p>Unit 4:</p> <p>The Mind and Sports Performance</p> <p>This unit looks at the concepts that influence the mind in sporting situations and, most importantly, explores the effects that they can have on sports performance. It will enable you to understand your own sports performance, why you have achieved the results you have and what you could do in the future to improve your preparation and performance. This unit will also help you to develop skills in teaching, coaching and helping other people.</p>	<p>Coursework 25%</p>