

## BTEC First Diploma in Sports Exercise and Fitness

Equivalent to 4 GCSEs A\* to C  
100% Coursework

The course is completed by undertaking 8 units totalling 60 credits.

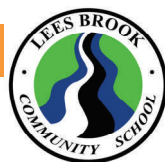
| Unit | Unit Title                                | Credits | Brief Description  |
|------|---|---------|--|
| 1    | Fitness Testing & Training                | 5       | This gives students a chance to explore essential fitness requirements and training methods leading to successful sports performance     |
| 2    | Practical Sport                           | 10      | This gives students a better knowledge of rules, skills and techniques for team and individual sport                                     |
| 4    | Anatomy & Physiology for Sport            | 5       | This gives learners a good understanding of the structure and function of the skeletal, muscular, Cardiovascular and respiratory systems |
| 7    | Planning and leadership sports activities | 10      | Be able to plan, lead and review sports activities and events as well as recognising leadership qualities                                |
| 10   | Nutrition for sports performance          | 10      | Learners develop skills and knowledge in personal nutrition linked to sports performance   |
| 11   | Development of personal fitness           | 5       | Be able to plan and implement a personal fitness plan and know personal exercise adherence factors and strategies                        |
| 18   | Effects of exercise on the body systems   | 5       | Investigate the effects of exercise on the body systems, fundamentals of energy systems and impact of drugs                              |
| 20   | Planning and running a sports event       | 5       | Be able to plan, organise and run a sports event and review the success of an event  |

All units are assessed internally and graded using Pass, Merit or Distinction criteria. The grades are worth points which are totalled up to give an overall credit grade.

You can go on to do a BTEC National Diploma in Sport, A Level in P.E. or Sports Studies. University courses and careers in Coaching, Sports Development, Sports Science, Teaching P.E., Leisure Centre Management, Sports commentator and Fitness Instructor/Personal Trainer

“ I really like the BTEC it is hard work and lots of assignments but I enjoy the practical, especially leading sports groups and the personal fitness and training”

Please see a member of the PE Team for more information



The Skills Academy

