

## Curriculum Intent Statement

### BTEC Tech Award in Sport

BTEC Sport is a subject for learners who have an interest or passion in the sporting world. Students will learn how sport, activity and fitness have a positive impact on the health of themselves and that of the nation. Students will acquire theoretical knowledge and technical skills by exploring areas such as the body systems, psychology, technology and leadership. They will have the opportunities for practical application of these skills within localised settings and in an ever-growing industry, where there are currently over 400,000 jobs in the UK, this course will help prepare students for both post-16 progression and the wider world.

Students will cover 3 components throughout this course...

Component 1 explores the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. Students will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity through creating and delivering warm-ups to participants.

Component 2 focuses on learning about sport through participation as a player, an official and learning about practical ways to improve other participants' sporting performance. It will also help to understand and apply different methods to improve other participants' sports performance. Students will explore the different skills required for participation and the different strategies that can be used to develop performance, as well as the different types of official and their roles in different sports and the rules of the different sports. Lastly, this component will help to explore ways to improve other participants' performance through breaking down skills and techniques into their component parts and using demonstrations, teaching points and appropriate drills to develop and improve their performance.

In Component 3 students will gain an appreciation and understanding of the different fitness components, fitness tests, training methods and training principles that can be incorporated into training regimes to further enhance and improve sports performance. Students will learn all of the following, how performers train regularly to maintain and improve their fitness levels and how training programmes are tailored to specific training needs and sport. How a performer's training cycle can incorporate lots of different fitness training methods keeps training interesting, which helps to keep motivation levels high. How establishing baseline levels through fitness tests are essential as they help to identify areas that need improving and to track fitness improvements and progress over time. That fitness test results give an objective overview of performance and are used by sports coaches to ensure training continues to meet the performer's needs.

Future career pathways could include, teaching, sports coaching, sports scientist, physiotherapy, sports development, fitness instructor or personal trainer.