

SUBJECT:
BTEC Sport
EXAM BOARD:
EDEXCEL



Course Overview

Our BTEC Sport courses prepare you perfectly for a wide variety of careers in the health & fitness industry. They are valued by colleges, universities & employers across the World. Through studying multiple units, you'll develop a deep understanding of sport & its application in the workplace; from psychology, personal training & physiology to nutrition, performance analysis & injury. You'll also add vital transferrable skills to your CV like organisation, leadership, communication and team work – key skills that universities and employers look for. To compliment your breadth of experience, you'll develop a coaching proficiency through your reserved place on the 'Level 2 Sports Leadership Award' course & your dedicated work placement with the PE Department.

Useful websites

The specification can be viewed here:

<http://www.edexcel.com/quals/firsts2012/sport/Pages/Documents-cert-ext-cert.aspx>

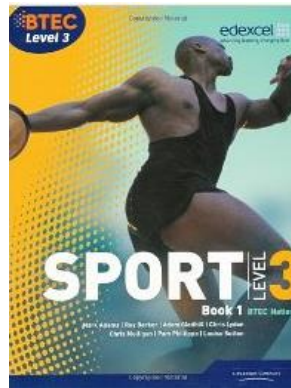
Useful Websites

www.btec.co.uk
<http://www.topendsports.com/>

Essential text books and reading list

Researching into these topics will be beneficial:

- Anatomy & Physiology
- Health & Safety in Sport
- Fitness Testing & Health Screening
- Psychology for Sport
- Sports Performance
- Technical & Tactical Skills In Sport



Summer task

- Stay fit! You should be training **three** times per week.
- Join a sports club or gym
(there is an excellent rate at Fitzy's for Toot Hill College students)

Make sure you have a:

- * complete stationary kit for completing coursework
- * full sports kit & suitable footwear
- * memory stick for transporting work to and from college
- * large lever-arch file and subject dividers
- * suitable bag for transporting kit and work to and from college