

BTEC Sport L1/2 tech award in sport

Module 1	Module 2	Module 3
<p>Learning Intent for this module:</p> <p><u>Component 2</u> Learners will be able to use methods to improve other participants’ sporting skills. They will be able to provide demonstrations and teaching points to introduce participants to the techniques required for different sporting skills. They will also be able to select and organise suitable drills and support participants to take part in the drills to develop their sporting skills.</p> <p><u>Component 3</u> Learners will understand how each of the components of physical and skill-related fitness are required to perform well in selected sports and how these are used when playing in different positions in team sports. Learners will understand the principles of training and how they can be applied to training programmes. They will demonstrate an understanding of exercise intensity and how it can be measured or worked out. They will also understand the target zones and the related technical vocabulary</p>	<p>Learning Intent for this module:</p> <p><u>Component 3</u> Learners will understand the purpose of fitness testing, administer and select fitness tests for different types of sports and participants and interpret the fitness test results. They will know which fitness tests are appropriate to test for each component of physical and skill related fitness. They will understand the practicality and validity of these tests for each component of physical fitness and specific to different sports and their participants. Learners will understand how to produce reliable fitness test results. Learners will be able to use normative data tables to interpret fitness test results and interpret the data to recommend improvements to the performer from the results.</p> <p>Learners will know how to carry out fitness training methods safely and effectively as part of a training programme. Learners will know how training methods affect the different body systems, which can lead to adaptations to improve specific components of fitness.</p>	<p>Learning Intent for this module:</p> <p><u>Component 3</u> Learners will investigate fitness programming to improve sports performance and fitness. They will design a motivating, fitness training programme using personal information.</p> <p>During this module, pupils will also begin revising previous topics from component 3, to prepare for the forthcoming exam.</p>
<p>Key content to be learned: Component 2</p> <p>Learning outcome C: Demonstrate ways to improve participants sporting techniques</p>	<p>Key Content to be learned: Component 3</p> <p>Learning Outcome B: Investigate fitness testing to determine fitness levels</p>	<p>Key Content to be learned: Component 3</p> <p>Learning Outcome D: Investigate fitness programming to improve fitness and sports performance</p>

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<p>C1: Planning drills and conditioned practices to develop participants' sporting skills C2 Drills to improve sporting performance</p> <p>Component 3 Learning Outcome A: Explore the importance of fitness for sports performance</p> <p>A1 The importance of fitness for successful participation in sport A2 Fitness training principles A3 Exercise intensity and how it can be determined</p>	<p>B1: Importance of fitness testing and requirements for administration of each fitness test B2: Fitness test methods for components of physical fitness B3 Fitness test methods for components of skill-related fitness B4 Interpretation of fitness test results</p> <p>Learning Outcome C – Investigate different fitness training methods</p> <p>C1 Requirements for each of the following fitness training methods C2 Fitness training methods for physical components of fitness. C3 Fitness training methods for skill-related components of fitness C4 Additional requirements for each of the fitness training methods C5 Provision for taking part in fitness training methods C6 The effects of long-term fitness training on the body systems</p>	<p>D1 Personal information to aid fitness training programme design D2 Fitness programme design</p>
<p>Assessment for this module:</p> <ol style="list-style-type: none"> 1. Produce a session plan that includes drills to improve sporting performance 2. Deliver a session plan that includes drills to improve sporting performance 3. Exam questions – fitness training and exercise intensity 	<p>Assessment for this module:</p> <ol style="list-style-type: none"> 1.Exam questions - methods for physical components of fitness and skill-related components of fitness 2. Exam questions – additional requirements for training methods 	<p>Assessment for this module:</p> <ol style="list-style-type: none"> 1 – Design a personal information sheet that will inform training programme design 2 – Design a fitness training programme for a team sport of your choice 3 – Design a fitness training programme for an outdoor activity of your choice.

	3. Exam questions – effects of long term fitness training on the body systems	
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