

TNHA “Determined to be the best that we can be”

BTEC Sport

Exam Board

Edexcel

Assessment

75% Coursework
25% External Exam

Course Summary

Students will study 4 units:

Unit 1 – Fitness Sport and Exercise

Unit 2 – Practical Sports Performance

Unit 5 – Training for Personal Fitness

Unit 6 – Leading Sports Activities

Students will have a mixture of practical and classroom based theory lessons.

Post 16 Progression

Students successfully completing this course can progress onto Level 3 BTEC Sport or A Level Physical Education. In addition to the sports taught and practised in school, students will have the opportunity to participate in mountain biking, swimming, rock climbing, skiing and orienteering.

Possible Career Routes include

PE teacher, Sports Development, Outdoor Pursuits instructor, Physiotherapy, Sports Psychology, Sports Coaching, Fitness instructor, Lifeguarding, Sports Therapy, Exercise Science, Sports Sales, Personal Trainer, Fire fighter, The Armed Forces, Sports Event Management, Sports Nutrition.

For further information please contact

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