



BTEC Level 2 Sport, Exercise and Science

WHY TAKE THIS COURSE?

The Level 2 Diploma is a vocational stepping stone into the sports industry. The course gives you the opportunity to develop a range of skills and techniques, personal skills and attributes essential for successful performance for working in the sports industry or indeed progression onto an advanced level course.

WHAT WILL I STUDY?

The course has 7 units of work which allow you to investigate many issues within sport including;

Fitness Testing and Training – Explore fitness requirements and training methods used to achieve successful sports performance.

Practical Sport – Develop your knowledge of the rules, skills and techniques of team and individual sports.

Anatomy and Physiology – Gain an understanding of the structure and function of the skeletal, muscular, cardiovascular & respiratory systems of the human body.

Planning and Leading Sports Activities – Have the opportunity to inspire, motivate, and improve performance of a selected target group through a delivery of a sports activity.

Psychology for Sport – Become aware of the psychological factors which influence sports performance.

Nutrition for Sport – Understand how personal nutrition links to sports performance.

Exercise and Fitness Instruction – learn to plan and instruct an exercise session.

HOW WILL I BE ASSESSED?

Each unit will be assessed using a variety of different assessment methods including written work, oral presentations, posters, group tasks and practical performance. Each unit is then graded to Pass, Merit, Distinction or Distinction* standard.

WHAT SKILLS AND SPECIAL QUALIFICATIONS DO I NEED?

You will be encouraged to take responsibility for your own learning and to work independently. Good organisational and time management skills are needed to achieve success. There are no special qualifications needed to join this course but a keen interest and willingness to actively participate in a range of sports is essential. Functional Skills in Mathematics, English and Information Technology will also be integrated into your programme.

WHAT CAN I DO NEXT?

On completion of the course at merit grade you have the opportunity to apply for Level 3 progression within Priestley choosing from a selection of AS and BTEC courses. There will also be the opportunity to gain information on apprenticeships as well as employment opportunities.

PRIESTLEY EXTRA

Throughout the course you will have the opportunity to undertake a variety of trips and excursions to complement your experience, including climbing at Northwest Face, Manchester Velodrome for indoor track cycling as well as a visit from Lucozade's Sports Science Development Team.