



Shaftesbury School

## BTEC First Diploma In Sport (Exercise and Fitness) Parents Pack

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This pack is designed for parents who are keen to learn about the BTEC First Diploma In Sport and support their child's aspirations and learning from home.

### **Introduction**

This is a new and exciting vocational qualification designed by Edexcel, which is equivalent to four GCSE's in Physical Education. The BTEC First Diploma In Sport is accredited on the NQF at Level 2 and is an ideal course for students who missed out on GCSE PE due to options. This one-year course prepares the learner for Level 3 (A-Level) study, which could be an option in year 13 of their studies. This pack aims to inform parents about the qualification by providing all the necessary information. You can also use this pack to support your child's learning by keeping up to date with units covered as we progress through the course.

### **Advantages of the BTEC First Diploma In Sport**

- Prepares young people for careers in the sport's sector and industry
- Provides education and training for sports related personnel who are employed in a variety of types of work such as, fitness, coaching and outdoor pursuits
- Motivates learners through on-going assessment and practical learning
- BTEC qualifications are recognised by employers and educational institutes
- Provides a good progression route to BTEC Nationals which is the Level 3 equivalent course students could then take in year 13
- Boosts self esteem through practical learning approach

## **How is the course run and set up**

Students complete six units of work. Each unit entails 60 hours of guided learning time. Students will be required to complete a portfolio of work for each of the six units. The subject teacher then marks this portfolio to PASS, MERIT or DISTINCTION standard. Once the assignment is marked students have the opportunity to revisit and improve weaker aspects before submitting their final piece of work. When all six units are complete, at the end of year 12, the course is complete. If successful, students could then progress onto the BTEC National, a one A Level equivalent in year 13.

There are no examinations on this course. All the work is presented in portfolios, developed by students as they progress. Students will present a portfolio for each of the six units. Each portfolio will have four to five tasks outlined through an assignment brief. This will be given to the students at the start of each unit. Two of the six units are core units that will be externally assessed; the other four units will be internally assessed.

## **Which units will be covered?**

We will cover the following 6 units. What follows is a brief outline of the unit content and how they will be assessed during the year.

### **1/ Instructing Exercise and Fitness**

Students will learn how to induct and run fitness programs for a range of clients using our state of the state Techno Gym facility. This is a practical unit where students record their progress using a log book

### **2/ Health, Safety and Injury in Sport \***

Students will learn about different types of sports injury, first aid and how to manage sport safely. This unit will investigate health and fitness in-depth and will be theory based at times. *\*This is one of the two externally assessed units*

### **3/ Practical Outdoor Adventurous Activities**

This is a practical unit that allows the learner to experience a range of outdoor pursuits such as; rock climbing, abseiling and surfing outdoors at local venues. They are assessed through their

participation and will have to deliver a short presentation as their assessment.

#### **4/ The Body In Sport \***

An investigation into the anatomy of the human body, which includes muscular systems, energy systems and how the body responds to exercise. *\*This is the second of the externally assessed units*

#### **5/ Planning and Leading Sports Activities**

Students will learn what makes an effective sports leader. They will plan and run a sports festival through the Sports College school links and gain teaching experience through assistance in PE lessons

#### **6/ Work Based Project In Sport**

Students have to gain experience through voluntary work in the sports sector. This occupational insight into the industry is recorded through a log book and tutor visits. Students are assessed on their knowledge of the sport industry and potential careers.

#### **How can you assist your child's learning?**

We hope you can inspire your child from home and keep up to date with what they are doing. Every learner is different and every child works at a different pace. Some of the guided hours will be for students to spend time reading and researching at home. You know your child best and what motivates them. Here are some ideas on how you can help. These ideas are taken from educational research journals and were based on real feedback from parents.

- Speak to your child and find out what was covered in class today
- Was any additional work set? If so, can you help with it?
- How is this task being assessed, i.e.; log book, written report etc...
- Can you help them research by reading, saving newspaper articles?
- Spell check written work before they bring it back in to school
- Is a deadline for work on the horizon? If so, is your child on target?

- Read through the unit and assignment brief to make sure they understand what they have to do

### **What does all the terminology mean?**

Any new course brings with it new and strange codes, language etc. We have designed a de-coder to explain a few key words

**NQF     National Qualifications Framework**

The Governments own grid to explain school based awards

**Edexcel** The exam board that designed offer the course

**BTEC**    The name of the vocational qualification Edexcel offer

**First Diploma**        The level at which the award is based.

**Assignment brief**    An A4 document written by the class teacher explaining each of the tasks and how they will be assessed

**Guided Learning**    The amount of time students will be taught in school. Also, work set to be done at home

**Vocational**            Practical approach to learning where work is all project based with no examinations

**Pass**     The basic level of achievement on each unit (Equiv D/E GCSE)

**Merit**    The next level of achievement on each unit (Equiv B/C GCSE)

**Distinction**    The highest possible level of achievement on each unit  
(Equiv A\*/A GCSE)

If you have any questions please don't hesitate to ask. Alternatively try [www.edexcel.org.uk](http://www.edexcel.org.uk) for full specifications of the above course