

Content

- Unit 1 Fitness for sport and exercise
- Unit 2 Practical sports performance
- Unit 3 Applying the Principles of Personal Training
- Unit 5 The Sports Performer in Action
 - To develop knowledge and skills that can be used to achieve success in a career in Sport.
 - To develop practical knowledge of a range of personal fitness levels for participation in all sports
 - To improve knowledge of anatomy and physiology of the body.
 - Examples of the topics that are covered: rules and regulations of individual and team sports; effects of exercise on the different body systems; planning and delivery of fitness programmes; practically demonstrating skills, techniques and tactics that are used in sports; fitness testing and methods of training.

Assessment

Unit 1 – Fitness testing for sport and exercise is now externally assessed through an online examination.

Units 2, 3 and 5 are awarded through graded assignments and practical activities.

Facilities and Equipment used

- Sports hall, astro, fitness suite, netball courts, field, gymnasium.
- Classroom based theory lessons.

Outside Learning Opportunities

- Visits to local sports facilities
- Visits to local University establishments such as Marjon sports science laboratory
- Trips and tours to elite sports events
- Opportunities to be involved with Duke of Edinburgh

Related Careers

- Physical education teacher
- Sports coach
- Personal trainer
- Sports therapist/physiotherapist

For further information contact

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