

## BTEC First Diploma in Sport (Performance)

### Introduction

The BTEC First Diploma in Sport (Performance) is a full time course and is designed to equip individuals with the knowledge, understanding and practical skills required for success in current and future employment in the sport and related industries. In particular it prepares you for employment in the sport sector that requires a specialist sport and exercise science grounding, at a junior/assistant level. BTEC First Diploma in Sport (Performance) is designed to:

Prepare you for a range of careers in the sport and related industries.

Provide specialised studies which are directly relevant to individual vocations and professions in the sport and related industries in which learners are currently working.

Provide a science-related sport and exercise qualification to enable progression to further studies with a view to entering careers in the sport and related industries.

### Year 1

The six-unit BTEC First Diploma offers a specialist qualification that focuses on particular aspects of employment within the sector. The course is over a one-year period and the units you may study are as follows:

**Health, Safety and Injury in Sport** gives you an insight into various sports injuries and how you would treat these. In addition you will assess risk factors and hazards associated with sports participation.

**Practical Sport** will give you the opportunity to experience a variety of practical sporting situations, both individual and team. The unit focuses on your performance.

**The Body in Sport** has been designed to provide an introduction to the structure and function of the body. Here you will look at the effects of exercise and training.

**Nutrition for Sports Performance** looks at developing knowledge on the nutritional requirements of a selected sport and you will be implementing a personal nutritional strategy.

**Fitness for Sport Performance** investigates training methods and develop your understanding of how to achieving sporting excellence. In addition to this you will plan, implement and evaluate your own personal fitness training programme.

**The Sports Industry** looks to develop your understanding as to why individuals participate in sport, how it is funded and key issues in sports industry.

The course consists of a combination of practical and theoretical modules. Some modules will contain more practical work than others.

The course will be assessed through a series of assignments which are internally assessed and externally moderated. These assignments will be awarded pass, merit or distinction grades. A final grade of pass merit or distinction will be awarded at the end of the course

### Specific Entry Criteria

Standard college entry requirements for an intermediate level programme; ideally including a D grade in Science.