

BTEC Sport – Level 1/Level 2 Tech Award

Developing knowledge, skills and experience for a future in sport

The Pearson BTEC Level 1/Level 2 Tech Award in Sport is a practical and engaging qualification designed for students who have an interest in sport, physical activity, health, fitness and the wider sports industry.

The course combines theory, practical participation, leadership, planning and fitness. Students develop an understanding of how sport and physical activity can benefit individuals and communities, while also developing the knowledge and skills needed for further study and careers within the sport and leisure sector.

The qualification is equivalent to a GCSE-level technical qualification and is graded from Level 1 to Level 2, with students able to achieve grades ranging from Level 1 Pass through to Level 2 Distinction.

What will students study?

The BTEC Sport Tech Award is divided into **three components**. Students must complete all three components to achieve the qualification.

Component	What students learn	Assessment	Weighting
Component 1	Preparing Participants to Take Part in Sport and Physical Activity	Internal assessment	30%
Component 2	Taking Part and Improving Other Participants' Sporting Performance	Internal assessment	30%
Component 3	Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity	External assessment	40%

Component 1 – Preparing Participants to Take Part in Sport and Physical Activity

Students investigate the different ways in which people can take part in sport and physical activity.

They explore:

- Different types of sports and physical activities
- The physical, social and mental benefits of participation

- Barriers that may prevent people from taking part
- Ways of overcoming barriers
- Different providers of sport and physical activity
- The public, private and voluntary sectors
- Local and national sports organisations
- The role of coaches, instructors and leaders
- Equipment, facilities and clothing required for participation
- How to prepare participants for sport and physical activity
- Planning and delivering appropriate activities

Students are required to apply their knowledge to different participants and sporting situations, rather than simply recalling information.

Assessment: Internally assessed Pearson Set Assignment, contributing **30%** of the final qualification.

Component 2 – Taking Part and Improving Other Participants' Sporting Performance

This component allows students to put their knowledge into practice.

Students develop their understanding of:

- Components of **physical fitness**
- Components of **skill-related fitness**
- Fitness requirements for different sports and activities
- Fitness testing
- Strengths and areas for improvement in sporting performance
- Principles of training
- Training methods
- Goal setting
- Planning and delivering activities
- Reviewing and evaluating performance
- Providing feedback
- Leadership and communication

- How to improve the performance of other participants

Students have opportunities to participate in sport, develop their own performance and take responsibility for helping others improve.

For example, students may be required to plan and lead an activity, demonstrate skills, provide feedback and evaluate how effectively an activity has been delivered.

Assessment: Internally assessed Pearson Set Assignment, contributing **30%** of the final qualification.

Component 3 – Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity

Component 3 is the **externally assessed** element of the qualification and accounts for **40%** of the final grade.

Students develop their knowledge of:

- Components of physical fitness
- Components of skill-related fitness
- Fitness testing
- Principles of training
- Training methods
- Training programmes
- Exercise intensity
- Health and fitness
- Factors affecting fitness
- Fitness for different sports and physical activities
- Reviewing and evaluating training programmes
- How fitness can be developed to improve performance

Students are expected to apply their knowledge to different sporting and physical activity scenarios.

The assessment can include different question types, requiring students to recall, describe, explain and analyse information.

Assessment: Externally assessed examination, contributing **40%** of the final qualification.

How is the qualification assessed?

The BTEC Sport Tech Award combines **internal and external assessment**.

Internal assessment – 60%

Components 1 and 2 are internally assessed using Pearson Set Assignments. Students complete their assessment under controlled conditions and their work is marked by the school before being subject to Pearson's moderation processes.

External assessment – 40%

Component 3 is externally assessed by Pearson.

The external assessment must be taken at the end of the qualification when the student is due to certificate, in line with the terminal assessment requirement.

What skills will students develop?

BTEC Sport develops much more than sporting ability.

Students develop:

Practical skills

Students participate in sport and physical activity and develop their understanding of performance, fitness and training.

Knowledge and understanding

Students develop knowledge of anatomy and physiology, fitness, training, sports provision, participation and performance.

Communication

Students learn how to communicate effectively with participants, coaches and other performers.

Leadership

Students have opportunities to plan and lead sporting and physical activities.

Planning

Students develop the ability to plan activities, training programmes and ways of improving performance.

Analysis and evaluation

Students learn to identify strengths and areas for improvement and make justified recommendations.

Personal development

The course encourages students to develop confidence, organisation, resilience, independence and teamwork.

Is BTEC Sport mainly practical?

No.

Although practical sport and physical activity are important parts of the course, BTEC Sport is a **vocational qualification with a significant theoretical element**.

Students need to be able to understand and apply sporting concepts, complete written assessment tasks and prepare effectively for the Component 3 external assessment.

Practical experience is particularly valuable because it enables students to apply theoretical knowledge to realistic sporting situations.

What type of student is BTEC Sport suitable for?

BTEC Sport can be an excellent choice for students who:

- Have an interest in sport and physical activity
- Enjoy learning through practical and real-life situations
- Are interested in health and fitness
- Enjoy working with other people
- Would like to develop leadership skills
- Are interested in coaching or sports performance
- Want to learn more about the sports industry
- Are considering a career involving sport, fitness, coaching or leisure
- Are prepared to complete both practical and written work

Students do not need to be an elite performer to succeed on the course. A genuine interest in sport, a positive attitude towards learning and a willingness to develop knowledge and skills are much more important.

What careers could BTEC Sport lead to?

The qualification can provide a foundation for further study and careers in areas such as:

- Sports coaching
- Personal training
- Fitness instruction
- Sports development
- Sports leadership
- Leisure management
- Outdoor activities
- Community sport
- Health and fitness
- Sports administration
- PE and sport
- Sports science
- Physiotherapy and related areas

Students may also use the qualification as a stepping stone towards further study at **Level 2, Level 3, College**, depending on their individual results and future pathway.

Why choose BTEC Sport?

BTEC Sport provides students with the opportunity to combine **sport, theory and practical application**.

The course encourages students to become more knowledgeable about sport and physical activity while developing transferable skills such as communication, teamwork, leadership, organisation and problem-solving.

Most importantly, students are encouraged to understand **how sport can improve physical health, mental wellbeing, confidence, social interaction and quality of life.**

Assessment at a glance

60% Internal Assessment

- Component 1 – 30%
- Component 2 – 30%

40% External Assessment

- Component 3 – 40%

Total qualification: 100%

Students complete all three components to achieve the qualification. Pearson's 2022 Tech Award structure is designed so that marks from the components contribute to the overall qualification grade.

Find out more

The BTEC Sport Tech Award is a **Pearson** qualification.

For the full specification and official qualification information, please visit the Pearson BTEC Sport (2022) qualification page.

[Pearson BTEC Tech Award in Sport \(2022\)](#)