

Intention of BTEC Sport

Sport England: 'Sport and activity contributes to £39 billion to the UK's economy'

The number of sport related jobs in the UK is currently estimated at over 400,000, there are many routes an individual could progress to after the course, including sport related university courses, apprenticeships and sports coaching and leadership opportunities. The intention of BTEC Sport is to enable students to develop a substantial common core of knowledge, including anatomy and physiology, fitness physiology, risk assessment and fitness training and programming. The course allows students to develop a wide range of knowledge and understanding required for direct progression into a broad range of courses at university level for those wishing to continue onto further study, as well as ensuring students are equipped with essential skills to become occupationally ready to take up employment in the sport industry.

Sport is an integral part of today's society and plays a key role in many people's lives. In a modern world of technology, the importance of sport is more relevant than ever, especially in terms of maintaining good levels of health and wellbeing. Competitive physical exercise not only motivates individuals to exercise but also instils important values. Students continue to learn the importance of physical activity and exercise on an individual and that factors which both positively and negatively affect health and wellbeing. Students will apply knowledge to their own and elite performances developing an understanding of the interrelation between body systems.