

COURSE TITLE: BTEC FIRST AWARD in SPORT (Outdoor Education)

EXAMINATION BOARD: Edexcel

This is a formally recognised GCSE course. It is delivered over 5 periods per fortnight. Students will study 4 units over the 2 years by completing many practical activities along with theoretical tasks. This culminates in 6 written assignments and an external examination.

Unit 1: Fitness for Sport & Exercise

This unit gives learners the opportunity to explore the essential fitness requirements and training methods used to achieve successful performance in sport and outdoor and adventure activities. (This unit is externally assessed through an on-screen test under examination conditions).

Unit 2: Practical Performance in Outdoor and Adventurous Activities in climbing, bouldering, canoeing, kayaking, mountain biking and mountaineering

As well as participating in our competency training programme, students will also need to fulfil 'academic' tasks to complete this unit. This is centred on an understanding of the technical skills required to perform safely. In addition, students are required to video their performance in 2 activities which provides evidence of



Unit 5: Training for Personal Fitness in Adventure Activities

In this unit learners will design a fitness programme for themselves and record their personal activities using a log book which is then reviewed at the end of the unit in order to measure its effectiveness.



Unit 6: Leading Outdoor and Adventurous Activities

For this unit, students will focus on the development of the skills, qualities and responsibilities associated with successful outdoor activity leadership. They will have to plan and lead sessions under supervision and then review their own performance.

Expedition Experience (this unit is not assessed)

Students will be trained in the knowledge, skills and techniques required to plan and take part in a wild country expedition. The expedition will be a good opportunity for self-discovery, developing self-confidence, interpersonal and communication skills as well as leadership qualities.

For more information please contact: Mr Robinson or Mrs Jeffrey

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