

BTEC First Diploma in Sport (Exercise and Fitness) BTEC First Certificate in Sport

Available from September 2006

advancing learning, changing lives

Firsts

Features

- ◆ QCA accredited NOF Level 2 work-related qualifications
- ◆ Mapped to QCA's guidelines on work-related learning at Key Stage 4: [more details](#)
- ◆ Available in schools for pre-16 learners and further education colleges for post-16 learners
- ◆ BTEC First Certificate equivalent to 2 GCSEs grades A*-C
- ◆ BTEC First Diploma equivalent to 4 GCSEs grades A*-C

Advantages

- ◆ Prepares young people for careers in the sports or outdoors sector
- ◆ Provides education and training for sports-related personnel who are employed in a variety of types of work, such as fitness, coaching support and land/water-based outdoor pursuits
- ◆ Motivates learners via applied learning and assessment
- ◆ BTEC qualifications are recognised by employers and education institutions
- ◆ Provides a good progression route to more advanced qualifications eg BTEC Nationals
- ◆ Esteem of working in a sector of choice

Benefits

- ◆ Publicly funded on DfES Section 96 and Section 97
- ◆ Listed on the DfES Achievement and Attainment Tables
- ◆ Allows flexible delivery for teachers
- ◆ Availability of detailed support material for new centres
- ◆ Trident 'BTEC Activator' support material produced by Trident and Edexcel. By doing the activities in the 'BTEC Activator' learners can work towards achieving a unit during work experience.

Centres must have approval from Edexcel to offer these qualifications.

For information on how to get approval, please call Edexcel Customer Services on 0870 240 9800 or alternatively see the following link: <http://www.edexcel.org.uk/sfc/forms/approval/>

QAN Number: Certificate: 100/5706/7; Diploma: 100/5707/9

Current accreditation from: 1 September 2006 to 31 August 2009

Current certification end date: 31 August 2011

For accreditation information, please visit the National Database of Accredited Qualifications by clicking here: [Certificate](#) and [Diploma](#).

Structure

BTEC First Diploma in Sport (Exercise and Fitness)	BTEC First Certificate in Sport
Two core units	Core units
<ul style="list-style-type: none"> • The Body in Sport • Health, Safety and Injury in Sport 	<ul style="list-style-type: none"> • The Body in Sport • Health, Safety and Injury in Sport <p>Learners must complete at least one of the above units.</p>
Select four specialist units	Specialist units
<ul style="list-style-type: none"> • The Sports Industry • Preparation for Sport • Planning and Leading Sports Activities • Practical Sport* • Practical Outdoor and Adventurous Activities* • Work-based Project in Sport • Instructing Exercise and Fitness • Sport and Leisure Facility Operations <p>Learners may take either Practical Sport or Practical Outdoor and Adventurous Activities but not both</p>	<ul style="list-style-type: none"> • The Sports Industry • Preparation for Sport • Planning and Leading Sports Activities • Practical Sport* • Practical Outdoor and Adventurous Activities* <p>Learners may take either Practical Sport or Practical Outdoor and Adventurous Activities but not both</p>

Unit Combinations

For the **BTEC First Certificate** the learner is required to complete three units (including at least **one** core unit) from the lists provided for a combined total of 180 guided learning hours (GLH) to complete the qualification.

For the **BTEC First Diploma** the learner is required to complete the both core units and four specialist units from the list provided for a combined total of 360 guided learning hours (GLH) to complete the qualification.

Specification and Guides

- Specification (BF017349)

These materials can be ordered from:
 Edexcel Publications
 Adamsway
 Mansfield, Notts. NG18 4FN
 Tel: 01623 467 467
 Email: publications@linneydirect.com

An electronic version of the specification is available on the Edexcel website. To access please see: <http://www.edexcel.org.uk/quals/first/sport/btec-fc-sep-2006/btec-fc-sport/>

DfES Achievement and Attainment Tables

For more information and to view these please [click here](#)

Student Progression

BTEC First Diplomas and Certificates offer direct progression on to BTEC National programmes. On completion of a BTEC National, students can progress to a BTEC Higher National or BTEC Foundation Degree programme.

A BTEC First also prepares students for employment in their chosen career.

Units

Core Units

Unit 1: The Body in Sport (60 GLH*)

Provides the learner with an understanding of the structure and function of the skeletal system, the muscular system, the cardiovascular system and the respiratory system.

Unit 2: Health, Safety and Injury in Sport (60 GLH)

This unit will enable the learner to have a good understanding of health and safety and how they can take precautions in order to try to ensure sport and exercise participants avoid injury. Basic definitions of risks and hazards are explored.

Specialist Units

Unit 3: The Sports Industry (60 GLH)

Gives learners the opportunity to investigate the many elements that make up the multi-million pound sports industry.

Unit 4: Preparation for Sport (60 GLH)

Learners will gain an insight into the essential preparation required for successful sports performance.

Unit 5: Planning and Leading Sports Activities (60 GLH)

Provides learners with the knowledge and skills to be able to plan and lead a range of practical sports activities.

Unit 6: Practical Sport (60 GLH)

Focuses on developing and improving the learner's own practical sports performance.

Unit 7: Practical Outdoor and Adventurous Activities (60 GLH)

To develop the learners' knowledge, skills and understanding in their chosen Adventurous Activities they will take part in a planned programme under the guidance of a qualified instructor.

Unit 13: Work-based Project in Sport (60 GLH)

This unit allows learners to plan for and complete a practical work based experience within the sports industry.

Unit 14: Instructing Exercise and Fitness (60 GLH)

This unit covers all key aspects required for a learner to successfully plan and evaluate a range of exercise programmes and also to competently assist in delivering exercise sessions to a range of clients.

Unit 15: Sport and Leisure Facility Operations (60 GLH)

Learners are given an opportunity to learn about the responsibilities that may be placed on them if working in the sport and leisure facilities.

*** GLH = guided learning hours**

A notional measure of the substance of a qualification. It includes an estimate of time that might be allocated to direct teaching, instruction and assessment, together with other structured learning time such as directed assignments or supported individual study. It excludes learner-initiated private study.

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Contact us

Edexcel
One90 High Holborn, London WC1V 7BH
Online enquiries: www.edexcel.org.uk/ask
Tel: 0870 240 9800
Fax: 020 7190 5700
www.edexcel.org.uk

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