

PHYSICAL EDUCATION BTEC

FOR MORE INFORMATION PLEASE CONTACT
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WHY SHOULD I CHOOSE PE BTEC?

This Level 1/2 Tech Award qualification offers students the opportunity to study key areas including anatomy and physiology linked to fitness, health, injury and performance. It also includes the science of training and application of training principles and psychology in sports and sports performance.

Resilience, meeting deadlines, interpreting, and analysing data are all skills that you will need in order to succeed in this subject.

Students should be attending extra-curricular clubs in at least 1 activity area.

HOW WILL I BE EXAMINED?

- Unit 1
Understanding the body systems and technology (30% coursework)
- Unit 2
Principles of training, nutrition and psychology (40% - 90 mins theory exam)
- Unit 3
Sports leadership (30% coursework)

WHAT WILL I STUDY?

- Reducing the risks of sports injuries
- Applying principles of training
- The body's response to physical activity
- Sports psychology
- Sports Nutrition
- Technology in Sport



RECOMMENDED TEXT BOOKS, ONLINE RESOURCES AND ADDITIONAL READING

- Pearson Level 1 and 2 Tech Award in sport, activity and fitness
- bbc.co.uk/sport