

## Content

- Component 1 Preparing Participants to Take Part in Sport and Physical Activity
- Component 2 Taking Part and Improving Other Participants Sporting Performance
- Component 3 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity
  - To develop knowledge and skills that can be used to achieve success in a career in Sport.
  - To develop practical knowledge of a range of personal fitness levels for participation in all sports
  - To improve knowledge of anatomy and physiology of the body.
  - Examples of the topics that are covered: rules and regulations of individual and team sports; effects of exercise on the different body systems; planning and delivery of fitness programmes; practically demonstrating skills, techniques and tactics that are used in sports; fitness testing and methods of training.

## Assessment

Component 3 – Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity requires learners to use theoretical knowledge and understanding of applied anatomy and physiology, movement analysis and physical training so that they can use this knowledge to analyse and evaluate performance and devise informed strategies for improving/optimising their own practical performance.

Components 1 and 2 are assessed through graded assignments and practical activities.

## Facilities and Equipment used

- Sports hall, astroturf, fitness suite, netball courts, field, gymnasium.
- Classroom based theory lessons.

## Outside Learning Opportunities

- Visits to local sports facilities
- Visits to local University establishments such as Marjon sports science laboratory
- Trips and tours to elite sports events
- Opportunities to be involved with Duke of Edinburgh

## Related Careers

- Physical education teacher
- Sports coach
- Personal trainer
- Sports therapist/physiotherapist

## For further information contact

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