



What will I study?

A new and exciting qualification prepares young people for careers in sports, coaching, fitness training and fitness instructing. The course is equivalent to 1 GCSE A* - C.

How will I be assessed?

The course is assessed through Examination, coursework, practical work, presentations and written assignments.

Fitness for Sport and Exercise - Online Examination

You will learn the components of physical and skill-related fitness and the principles of training. You will then explore different fitness training methods for developing components of fitness, learning how to undertake and administer fitness tests.

Practical Sports Performance - Internal Assessment

This unit focuses on developing and improving your own practical sports performance. This is achieved through your active participation in practical activities and analysis of your own performance and that of other sports performers.

The Sports Performer in Action - Internal Assessment

You will study the musculoskeletal and cardiorespiratory systems and how they function normally and how they can function as a result of training over a length of time. You will then study the energy systems used for different sporting activities. By understanding how your body works and how it can be trained, you can make the necessary changes to training and performance in order to produce an improved sports performance.

Training for Personal Fitness - Internal Assessment

In this unit you will design a personal fitness training programme and study ways to motivate the athlete to train. You will implement a self-designed personal fitness training programme to achieve your own goals and objectives and then review your personal fitness training programme and make changes for future adaptation.

What might this subject lead you on to after leaving school?

Directly into employment in the Sport, Leisure, Coaching or Sports Development industries.