

Sport and Active Leisure

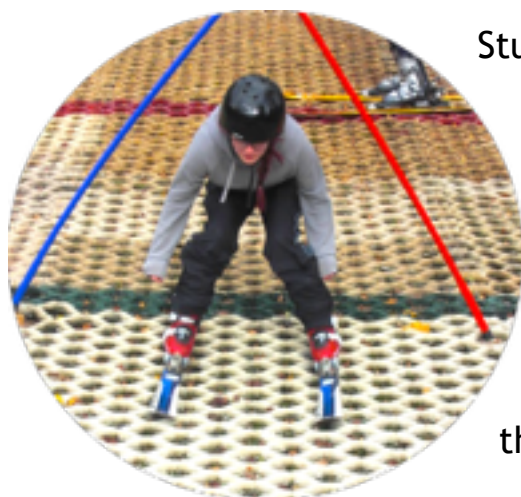
Level 1 BTEC



To reserve a place on this course please contact: T: 07719084493 E: office@utopiaproject.org.uk

Information

The BTEC Level 1 course in Sport and Active Leisure is designed to equip students with the understanding and practical skills required to progress to the next stage of their educational journey. This course covers the fundamentals of sports, whereby students learn key concepts about; the body and how it responds to exercise, team work, healthy lifestyles and leadership skills.



Studying this qualification will help students;

- ✓ achieve a nationally recognised Level 1 vocational qualification
- ✓ develop essential life skills such as; confidence, team work, resilience and leadership
- ✓ by providing progression routes to post 16 programmes, apprenticeships or employment within the Sport and Active Leisure industry

*This qualification contributes to Progress 8 performance measures

Utopia - Sport and Active Leisure

BTEC Level1 Sport and Active Leisure student profile

- ✓ Pre-16 students with a passion for sports.
- ✓ Students wishing to pursue a career working in the Sports and Leisure industry.
- ✓ Practical learners with a good work ethic, who are looking to develop and apply their knowledge and skills in practical contexts.



How students are assessed

- ✓ All assessment is carried out through; practical observations, assignments and coursework.
- ✓ There is no external exam.

Enrichment Activities

Students take part in a range of sports activities such as; volleyball, badminton, boxing, table tennis, football and mixed martial arts. They attend Total Fitness as part of their Exercise and Fitness module, in addition to opportunities to take part in alternative sports such as, BMXing, climbing, horse riding, dodgeball, free running, mountain biking water sports and trampolining.

Why Study BTEC Level 1 Sport and Active Leisure?

The units studied within the BTEC Level 1 Sport and Active Leisure course are essential to give learners the understanding required to lead a healthy lifestyle. The course also supports progression to vocational qualifications such as the BTEC Level 2 Sport and enhances opportunities for employment in a range of sports related sectors.

