

OVERVIEW

The Tech Award gives learners the opportunity to develop sector-specific applied knowledge and skills through realistic vocational contexts. Learners will have the opportunity to develop applied knowledge and skills in the following areas: investigating provisions for sport including equipment and facilities to enhance sport, planning and delivery of sport drills and sessions, and fitness for sport including fitness testing and methodology.

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Completion of **Component 2: Taking Part and Improving Other Participants Sporting Performance**

You will learn about the different types of official and their roles in different sports and the rules of the different sports.

Lastly, this component will help you to explore ways to improve other participants' performance through breaking down skills and techniques into their component parts and using demonstrations, teaching points and appropriate drills to develop and improve their performance.

In this component, you will develop transferable skills, such as communication, problem solving and analytical skills. It will give you opportunities to develop and improve your own and other's sporting performance, which will support your progression to Level 2 or 3 vocational or academic qualifications.

Assessment:

- Controlled assessment released by the exam board and completed in class.

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Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

Students will gain an appreciation and understanding of the different fitness components, fitness tests, training methods and training principles that can be incorporated into their training regime to further enhance and improve their sports performance.

Students will train regularly to improve and maintain their fitness levels and performance. Their training programmes will be tailored to their specific training needs and their sport. A performer's training cycle can incorporate lots of different fitness training methods, such as circuits for muscular strength and endurance. Incorporating different fitness training methods keeps training interesting, which helps to keep motivation levels high.

Assessment:

This external component builds on knowledge, understanding and skills acquired and developed in Components 1 and 2, and includes synoptic assessment.

A 1.5 hour exam worth 60 marks will be completed under supervised conditions.

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Assessment:**Useful resources for supporting your child at home:**

- BTEC Sport revision guide
- BTEC Sport workbook
- Everlearner online resource

Homework:

- Attending an Aspire club both as participant and as a sports leader.
- Everlearner online platform