



# Year 8 Choices

## Level 2 Certificate in Sport

*(Sport, Exercise & Fitness)*

Contact

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# Course Breakdown

*\*Course is subject to slight changes pending specification alterations\**

- All coursework – completed as the course progresses
- (No examination)
- 4 units
- 3 of which are compulsory
- The teacher will pick the 4<sup>th</sup> unit from a range of options best suited to the group

# Compulsory Units

## Participating in Sport

- Develop practical skills in sport through planning, participating and evaluating performance.
- Develop knowledge and understanding of the rules & regulations of a variety of sports.

Examples of work within this unit include:

- Reviewing your own and elite performance through video analysis.
- Using Quantitative analysis such as the statistic side of performance and also qualitative approaches, such as opinions, concepts, insights and experiences.



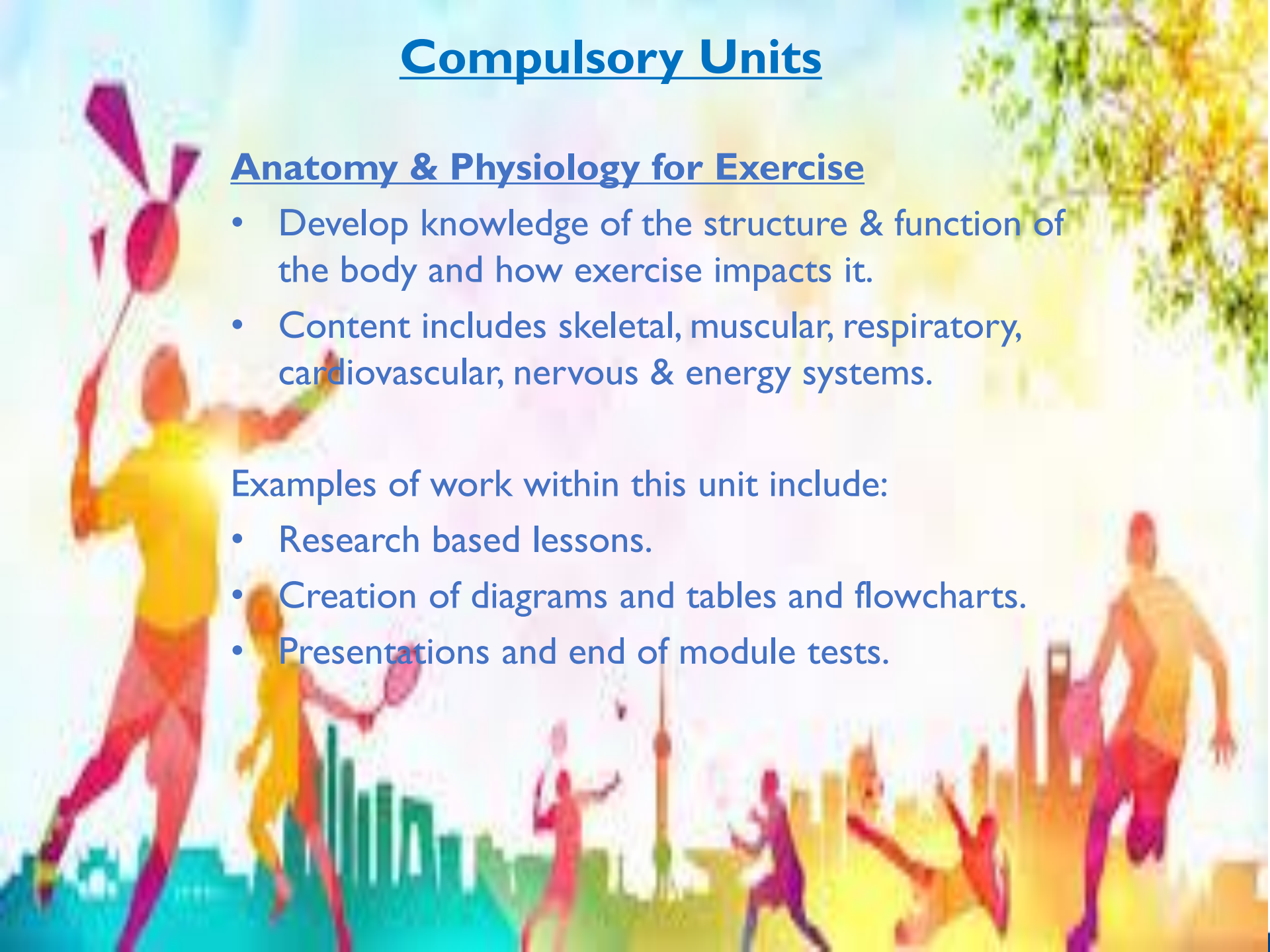
# Compulsory Units

## Anatomy & Physiology for Exercise

- Develop knowledge of the structure & function of the body and how exercise impacts it.
- Content includes skeletal, muscular, respiratory, cardiovascular, nervous & energy systems.

Examples of work within this unit include:

- Research based lessons.
- Creation of diagrams and tables and flowcharts.
- Presentations and end of module tests.



# Compulsory Units

## Healthy Exercise & Nutrition

- Explore the effects of exercise on the body,
- Learn the components of fitness and training methods
- You will be able to consider the impact & importance of good nutrition on sporting performance.

Examples of work within this unit include:

- Creation of a diet plan for a specific sportsman or sport.
- Reviewing the link between media, sport and nutrition through discussions.
- Exploring how the body can be trained through planning a Personal Exercise Programme



# Optional Unit

The teacher will choose one unit from a selection of optional units based on the cohort:

- Sports Coaching
- Injuries
- Performance analysis for sport
- Psychology
- Planning & running a sports event
- Strength & conditioning training
- Development of personal fitness
- Planning & delivering a session
- Leisure industry.



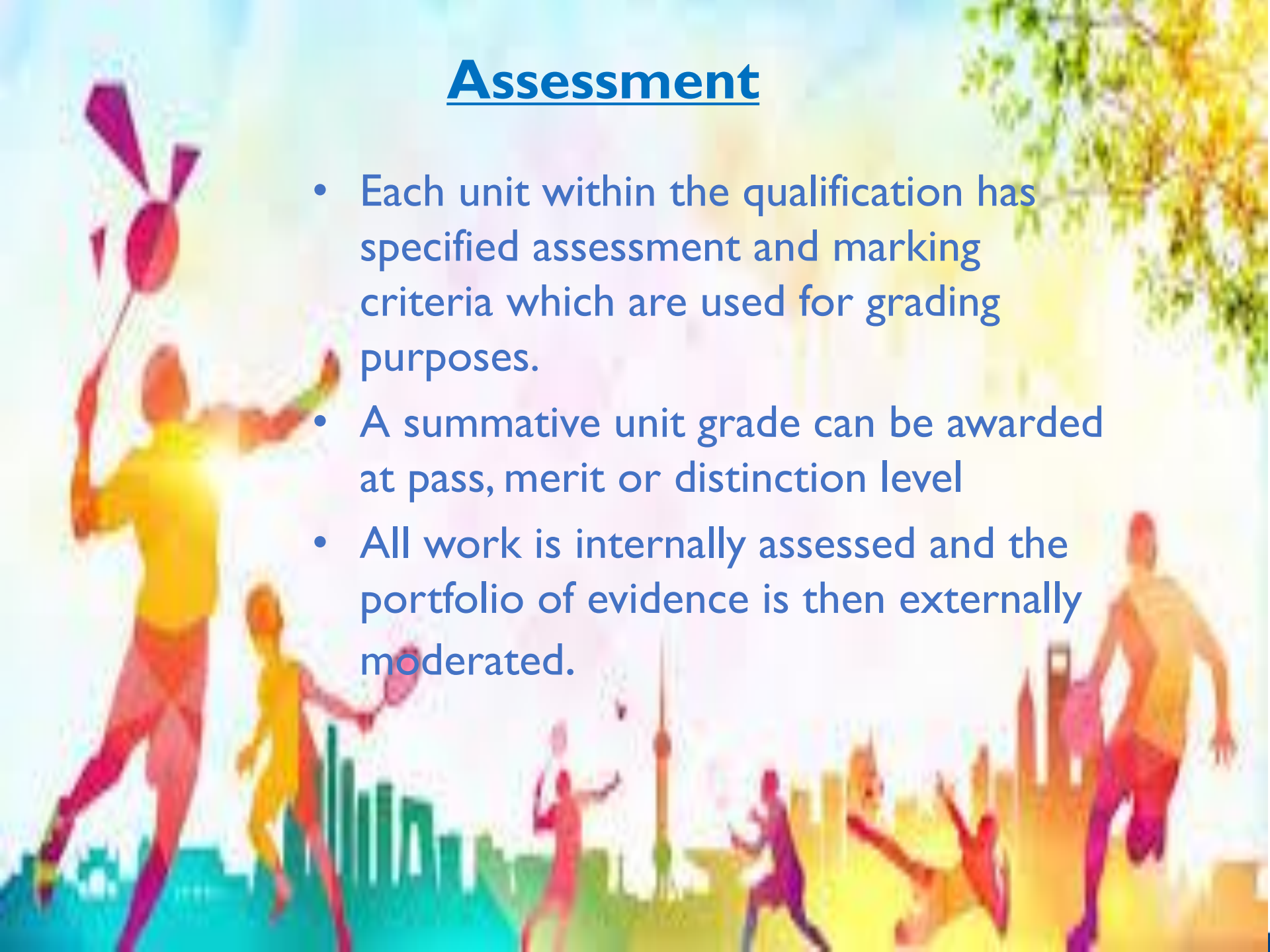
## Skills learned

- Develop the ability to acquire, develop and apply knowledge and understanding to a sporting context
- Independent learning skills
- Time management skills to meet deadlines
- Research skills
- Presentation skills
- Organisational and leaderships skills



# Assessment

- Each unit within the qualification has specified assessment and marking criteria which are used for grading purposes.
- A summative unit grade can be awarded at pass, merit or distinction level
- All work is internally assessed and the portfolio of evidence is then externally moderated.





# Career Progression

- Further Education – Level 3 Sport
- Recreational Management
- Coaching
- Fitness Industry – personal trainer
- Officiating
- Apprenticeships in Exercise & Fitness
- Sports Nutrition

