

Complete your L1/2 BTEC TECH Sport Course



**Resit Component 2 Exam**  
May (if required)



**Learning Aim C**  
Delivering and reviewing sessions for target groups

**Learning Aim B**  
Planning sessions for target groups

**Learning Aim A**  
Understand the fundamentals of sport and activity leadership

Applying the Principles of Sport and Activity  
Internal Synoptic



**Component 3**

**Component 2 Exam**  
February



**AO2**  
Nutrition for sport and activity

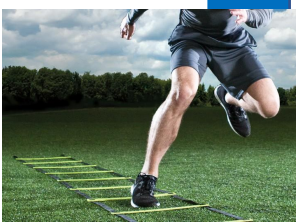
**AO3**  
The psychological influence that motivation, self-confidence and anxiety have on participation in sport and activity

**Year 2**

**Component 2 continued**



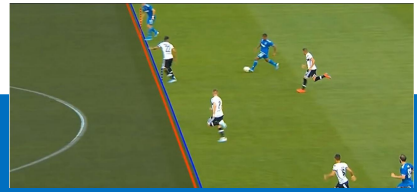
**AO1**  
Training to improve fitness for sport and activity



**The Principles of Training, Nutrition and Psychology for Sport and Activity**  
External component

**Component 2**

**Summer Term**



**Learning Aim C**  
Understand the use of technology for sport and activity



**Learning Aim B**  
Explore common injuries in sport and activity and methods of rehabilitation

**Year 1**

**Introduction to BTEC Sport**

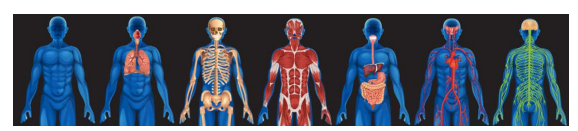
**Component 1**

**Learning Aim A**

- What is BTEC Sport?
- Course expectations
- Course breakdown

**Understand the Body and Supporting Technology for Sport and Activity**  
Internal component

Investigate the impact of Sport and Activity on the Body Systems



Your BTEC Sport Journey starts here ...

