

**SPORT**  
**Chwaraeon**



Course Title: Level 1/2 Award in Sport  
Examination Board: WJEC  
Qualification: Level 1/2 Award in Sport  
(Equivalent to 1 GCSE)

UNIT NUMBER	UNIT TITLE	ASSESSMENT METHOD	GLH
1	Sports Campaigning	Internal	30
2	Improving Sporting Performance	External	30
3	Fitness for Sport	Internal	60

**COURSE OUTLINE**

The structure of the qualification has been designed to develop the understanding and skills of learners across the sport sector. The course will be taught over 120 guided learning hours (GLH) and will be equal to 1 GCSE. Learners must complete 3 mandatory units.

Each unit looks at a range of possible job roles and activities. Through the completion of compulsory tasks learners will develop knowledge, skills and understanding of the many characteristics or real work in the sports industry. Although this course will not enable progression directly into employment, it will provide learners with a broad introduction to sport and the types of career opportunities available.

**EXTERNAL ASSESSMENT**

UNIT 2 : IMPROVING SPORTING PERFORMANCE

Learning aims: In this unit you will:

It is through this unit that learners will gain knowledge and understanding of working with sports people and how to get the best out of them. They learn different theories for how sports governing bodies, sports coaches, sports scientists and sports psychologists improve sporting performance. Learners are required to apply their understanding of theories to different types of sports and so extend their knowledge of the vocational sector developed through Sports Campaigning.

**ASSESSMENT:** This will be an externally set assignment which has to be completed during a six hour timed, supervised session. The students cannot work collaboratively during this session and all work completed must not be assessed by a teacher. Feedback cannot be provided as a means of enhancing the work completed

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### INTERNAL ASSESSMENT

#### UNIT 1: SPORTS CAMPAIGNING

Through this unit learners gain an understanding of how different sports are governed and the issues faced by sports. They will learn with how different sports deal with these issues and consider how these approaches could be applied to different sports. The key task is to plan a campaign on behalf of one sport, drawing from their learning of how a range of sports deal with issues. As such, they must consider the engagement of a range of jobs roles from across the whole vocational area.

#### UNIT 3: FITNESS FOR SPORT

Learners gain knowledge and understanding of key scientific concepts relating to the function of the human body. They learn about different techniques which are used to develop fitness and how they affect the body systems. They apply their knowledge and understanding to a key task of planning a fitness programme, building on the knowledge and understanding gained through Improving Sporting Performance. This provides learners with the transferable skill of planning but also extends their knowledge of the vocational sector to job roles related to sports coaches, sports physiotherapists and sports development officers.

**ASSESSMENT:** For both of the internally assessed units learners will be set one assignment made up of a varying number of tasks. Learners must complete these tasks within lessons either collaboratively or independently, depending on the nature of the assignment. This work can be resubmitted once after the teacher has provided feedback. Samples of this work will be moderated by the exam board.

### CAREER OPPORTUNITIES AND PROGRESSION

The sports industry is a diverse sector with a wide range of employment opportunities. This can include working as a leisure attendant, a professional coach, professional athlete and events manager. Some jobs, such as a sports journalist, are even in different industries.

The WJEC Level 1/2 Award in Sport is designed to mainly provide learners in schools and colleges with a broad introduction to the world of sport. Successful completion of the qualification, together with other relevant qualifications at Level 2 such as GCSE English, Maths and Science, could lead to learners progressing into Further Education and/or training.

This could include:

- A Level in Physical Education
- A Level in Biology
- Level 3 vocational qualifications in Sport.

Learners may also progress onto level 2 qualifications, which may include more specialist vocational qualifications such as:

- Level 2 Certificate in Coaching
- Level 2 Certificate in Leisure Operations.

Learners may also progress to Level 2/3 apprenticeships as a fitness instructor or leisure centre assistant.

For further information please contact:  
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