



Year 9 Options

BTEC Sport, Activity and Fitness



Year 9 Options | Welcome

This option is for all students who have an active interest in the sport science, nutrition and active lifestyles.

The course can help students who want to carry on studying sport or other academic areas. E.g. physiotherapy, sports nutrition and personal training.

The BTEC Level 2 is the equivalent of a GCSE.

You are awarded with the following grades-

Distinction (7-9), Merit (4-6), Pass (3-)



Year 9 Options | Course content

Y10 & 11 BTEC Course Units

[COURSE SPECIFICATION](#)

- Understand the Body and the Supporting Technology for Sport and Activity (**Coursework**)
- The Principles of Training, Nutrition and Psychology for Sport and Activity (**Exam**)
- Applying the Principles of Sport and Activity (**Coursework**)

Practical sessions are taught in each unit at the appropriate time. E.g. Fitness testing and sports

[Click Here for Year 9 Page
for detailed information](#)

Aspire Commit Succeed



Year 9 Options | Assessment

UNIT 1 - Written Coursework

UNIT 2 - Exam

UNIT 3 - Practical and written coursework

You must complete all units.

[Click Here for Year 9 Page
for detailed information](#)

Aspire Commit Succeed



Year 9 Options | FAQ

Q. Will be do practical?

A - Yes as you complete different areas of the course. You will also keep your two hours a week core Sport.

Q. What sports will we do?

A - This depends on the strengths of the groups. E.g. If we have a lot of tennis players we will do tennis. We personalise this each year to suit the class.

Q. Is the coursework hard?

A - You will work hard to achieve your best grade. You want a distinction you'll work hard!



Year 9 Options | Career options

The sport and health industry is one of the biggest areas of career growth across the world.

Just some of the jobs you can train to do -

**personal trainer, leisure centre manager,
teacher, health care specialists
(physiotherapy, dietitian, doctor), sports
team massage specialist, sports statistics and
many more.**



Year 9 Options | Questions?

1. [Course specification](#)
1. [Y9 Options Question Page](#)
1. Email - n.hazley@alperton.brent.sch.uk