**BTEC Sport Level 2 Work**

**Unit 1 – Fitness testing and training**

Assignment 1 – Fitness and training – to be the best!

Hand in date: 13th December 2012

Assignment 2 – Lifestyle, psychology and performance – what’s the problem!

Hand in date: 13th December 2012

Assignment 3 – Determining personal levels of fitness!

Hand in date: 14th February 2013

**Unit 5 – Injury in Sport**

Assignment 1 – How to deal with sports injury and illnesses

Hand in date: 25th October 2012

Assignment 2 – Accident waiting to happen! Spot the risks and hazards

Hand in date: 25th October 2012

Assignment 3 – Staff training on work placement

Hand in date: 25th October 2012

Assignment 4 – Planning and running a mini-Olympics

Hand in date: 28th March 2013

**Unit 11 – Development of personal fitness**

Assignment 1 – It’s personal but SMART!

Hand in date: 28th March 2013

Assignment 2 – Planning a personal fitness-training programme!

Hand in date: 28th March 2013

Assignment 3 – The six-week training programme!

Training programme completion date: 23rd May 2013

Hand in date: 20th June 2013

To hand coursework in it must be submitted electronically as an attachment by email.

Mr O’Sullivan email address

josullivan@ilfracombecollege.devon.sch.uk

**Coursework hand in by order of date**

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