

What is a BTEC Level 2 Diploma?

BTEC is a qualification, which is entirely assessed through coursework and practical based learning (NO EXAMS!).

Where possible learning will take place outside the classroom!

This is most suitable for kinaesthetic learners, students that learn best through doing activities.

- 12 hours a week
- Equivalent to 4 GCSE



Units of study

- Outdoor and Adventurous Activities
- Expedition Experience
- Leading Outdoor and Adventurous Activities
- Planning and Leading Sports Activities
- Development of Personal Fitness
- Fitness Testing and Training
- Injury in Sport

BTEC Level 2 Diploma



Ilfracombe Arts College

Worth Road
Devon, EX33 1DZ

www.ilfracombecollege.devon.sch.uk

Sport and OUTDOOR
and ADVENTUROUS
ACTIVITIES

BTEC @ Ilfracombe Arts College



Qualification	Merit (Equivalent to 4 B's at GCSE)	Distinction (Equivalent to 4 A's at GCSE)	Distinction * (Equivalent to 4 A* at GCSE)
Level 2 Diploma	340-379	380-399	400 and above



Development of Personal Fitness

Aim and purpose

This unit will enable learners to plan, implement and evaluate a personal fitness training programme specific to their sporting goals.



Injury in Sport

Aim and purpose

The aim of this unit is to develop learner knowledge of common sports injuries and illnesses and their respective treatment. It will also consider risk assessment and its management.

Planning and Leading Sports Activities

Aim and purpose

The aim of this unit is to give learners an opportunity to inspire, motivate and improve the performance of a selected target group through the delivery of a sport activity and event.

Fitness Testing and Training

Aim and purpose

This unit gives learners the opportunity to explore the essential fitness requirements and training methods used to achieve successful sports performance. The unit also explores lifestyle and psychological factors and the effects these can have on sports training and performance. Learners will investigate their personal fitness levels by participating in a series of fitness tests.



Leading Outdoor and Adventurous Activities

Aim and purpose

This unit will give learners the opportunity to learn how to lead others in practical outdoor and adventurous activities, with the help and supervision of skilled and experienced tutors.



Expedition Experience

Aim and purpose

This unit will enable learners to plan and participate in expeditions and review the expeditions they have taken part in.

Outdoor Adventurous Activities

Aim and purpose

This unit will give learners an opportunity to participate in exciting outdoor and adventurous activities such as rock climbing, snowboarding, kayaking, sailing and caving. The unit provides an opportunity to learn and apply new practical skills and techniques.

