Holy Trinity Progression Map of Key Concepts for Sport Science

Below is the assessment and grading systems for Btec Sport 2022 onwards
Component 1 & 2 are internally assessed through a PSA-Pearson Set Assignment and all assignments are to be completed under exam conditions. Component 3 is an external exam of 1.5 hours.
Throughout the course there will be a variety of opportunities to discuss careers in sport and look at defferent types of job roles linking to each component. Where possible visits and trips will be held.

Component 3- AO4 Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

Component 3- AO3 Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

Component 3-AO2 Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

Component 3-AO1 Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

11

Component 2-C1 Planning drills and conditioned practices to develop participants' sporting skills. C2 Drills to improve sporting performance

Component 2-A1 Components of physical fitness
A2 Components of skill-related fitness B1 Techniques, strategies and fitness required for different sports B2 Officials in sport Learners will know the roles of different officials for a selected sport
B3 Rules and regulations in sports

Component 1-A3 Barriers to participation in sport and physical activity for different types of A4-A4 Methods to address barriers to participation in sport and physical activity for different types of participant

Component 1-B1 Different types of sports clothing and equipment required for participation in sport and physical activity B2 Different types of technology and their benefits to improve sport and physical activity participation and performance.
Component 1 B3 The limitations of using technology in sport and physical activity

Component 1 C1 Planning a warm-up
C2 Adapting a warm-up for different categories of participants and different types of physical activities
C3 Delivering a warm-up to prepare participants for physical

10

Component 1-A2 Types and needs of sport and physical activity participants

Component 1- A1 Types and providers of sport and physical activities