

Subject: Level 1/2 Vocational Award in Sport and Coaching Principles

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Examination Board / Syllabus: WJEC (603/7017/8) Qualification Code: 5259QA

Introduction

The course offers exciting and interesting experiences that focus on study for 14-16 year-olds through applied learning. The qualifications are devised around a 'plan, do, review' approach, where learners are introduced to a concept, carry out activities and review outcomes.

The WJEC Vocational Award in Sport and Coaching Principles is made up of three mandatory units – see below.

What will I study?

Unit 1 introduces learners to the adaptations that take place in the body following exercise, how training can lead to improvements in fitness, and the planning of training programmes. The aim of this unit is to develop the knowledge, understanding and skills needed to plan training programmes to improve the fitness of individuals.

Unit 2 introduces learners to how different areas of sporting performance can be improved. The aim of this unit is to provide learners with the knowledge and understanding needed to be able to analyse sporting performance, identify strengths and weaknesses and plan for improvement.

Unit 3 introduces learners to the principles involved in sports coaching. The aim of this unit is to provide learners with the appropriate knowledge and understanding to be able to plan, lead and evaluate a coaching session within a sporting activity.

There is coursework throughout the two years of the course which involves creating power points, observational checklists, pamphlets as well as written (typed) reports. Coursework is completed as controlled assessments which must be done in school, under supervision and within a time limit.

Skills needed to study this subject: An interest in all aspects of PE and sport, success at performing practical PE and sport with good general sporting knowledge. Students must also be playing, performing, coaching or officiating either within school or in the local community.

How will my work be assessed?

Unit 1: Fitness for Sport Written exam

1 hr 20 mins 40% of qualification 80 marks

Unit 2: Improving Sporting Performance Controlled assessment

approx. 4 hrs 25% of qualification 50 marks

Unit 3: Coaching Principles Controlled assessment

approx. 6 hrs 35% of qualification 70 marks

What would this subject enable me to do when I leave school?

Possible Careers + Future Study: There are a range of A-Level courses linked to Sports, in addition to a variety of Level 3 Vocational courses offered by further education providers.