

BTEC Tech Award - Overview Sheet

Component 1

30%

Component 2

30%

Component 3

40%

Coursework

Pearson-set Assignment (PSA) - Preparing participants to take part in sport and physical activity

A - Explore types and provision of sport and physical activity for different types of participant

B - Examine equipment and technology required for participants to use when taking part in sport and physical activity

C - Be able to prepare participants to take part in sport and physical activity.

Internally assessed. 60 Marks.



Coursework

Pearson-set Assignment (PSA) - Taking part and improving other participants sporting performance

A - Understand how different components of fitness are used in different physical activities

B - Be able to participate in sport and understand the roles and responsibilities of officials

C - Demonstrate ways to improve participants sporting techniques.

Internally assessed. 60 Marks.



Exam

External Exam - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

A - Explore the importance of fitness for sports performance

B - Investigate fitness testing to determine fitness levels

C - Investigate different fitness training methods

D - Investigate fitness programming to improve fitness and sports performance

**Externally assessed
60 marks total. 1 hour 30 minutes.**

