

## Sport

**Qualification: SPORT AND COACHING PRINCIPLES**

**Exam Board: WJEC**

**Specification: 5929QA**



This award is equivalent to one GCSE. It is suitable for anybody with an interest in sport, coaching and leadership. It will provide learners with an insight into sports performance and coaching, and will prepare learners for careers within the sporting industry. The course is assessed throughout the two years of study, leading to an award of Pass, Merit or Distinction. Learners will need to show commitment to the subject, and will need to be well prepared to complete the award. This will include having the appropriate equipment for practical lessons and the desire to achieve fully within theory lessons. This is a more practical course than the GCSE course and, although practical ability is not formally assessed, the practical aspects fully support the other assessed units, especially the sports coaching aspect of the course. This WJEC course is ideal if you would like to work in the sports industry e.g. as a fitness instructor or coach.

To complete the award, learners will study three units in total through teacher-led tasks, independent learning, practical assignments and group discussions. The three units include 'Improving Sporting Performance', 'Fitness for Sport' and 'Coaching Principles'. Coursework will be graded through teacher assessments and a leadership/coaching assessment, with the 'Fitness for Sport' unit being assessed externally through an online exam.

## **Careers in Sport**

This qualification will be useful for anyone, no matter what job or career they are considering. This course provides a greater understanding of the sports industry and how to live a healthy lifestyle. It can also be used as a stepping stone into further education, whether you want to study 'A' levels or higher level technical qualifications. In terms of employment, this course would support progression into careers in teaching, sports coaching, fitness instruction, sports nutrition and many other areas. The leadership skills the course will develop will be useful in many occupations.

*If you would like any further information, please see **Mr Osmond**.*