

BTEC Sport and Active Leisure				
Term	Unit	Learning Outcomes		Assessment Criteria
Autumn	Unit 2	1 Know why it is important to be healthy at work	1.1	1.1 Outline why it is important to be healthy at work
Hand out – 28.9.20	Managing your health at work	2 Know how to keep healthy at work	2.1	Identify ways of keeping healthy at work
Hand In – 20.11.20			2.2	Identify possible health issues that may arise in different work environments
Spring	Unit 12	1 Know the components of physical fitness	1.1	Describe the components of physical fitness
Hand out 11.1.2021	Planning own fitness programme	2 Be able to assess own fitness level	2.1	Assess own fitness level
Hand in 19.3 2021		3 Be able to plan and use own fitness programme	3.1	With guidance, plan own fitness programme with set targets
			3.2	Use own fitness programme over a given period of time
		4 Know how to overcome barriers that may affect achievement of fitness goals	4.1	Identify barriers to achieving fitness goals
			4.2	Identify ways to overcome barriers
		5 Be able to review own fitness programme	5.1	Assess the results of own fitness programme

Summer	Unit 17	1 Know about job opportunities in sport and active leisure	1.1	Identify jobs in different sectors of sport and active leisure
Hand out 26.4. 21	Job opportunities in Sport and Active Leisure		1.2	Describe the job roles in one sport and active leisure facility
		2 Know about terms and conditions of employment within sport and active leisure	2.1	Describe the conditions of employment within sport and active leisure
Hand in 14.6.21		3 Know about the qualifications and skills needed for jobs in sport and active leisure	3.1	Present information about the qualifications and skills required for selected jobs in sport and active leisure
		4 Be able to start planning own career within sport and active leisure	4.1	Produce a plan to start work within sport and active leisure