

# Level 1/2 Award Sport and Coaching Principles

## Overview

The Level 1/2 Sports and Coaching Principles course offers learners a new pathway into the field of sports coaching, encouraging them to engage in planning training programmes, with particular consideration for physiological, psychological, and technical factors.

## What will I study?

Learners will work through three units, looking at how the body responds to exercise, and how training programmes can be created and adapted to support improvement. They will analyse performance to assess strengths and weaknesses, and how these can be targeted.

Finally, they will gain knowledge and understanding of key coaching principles, enabling them to plan, lead, and evaluate their own coaching session.

## Assessment

There is one written examination for the course, and two controlled assessments, completed in school.

Units	Content	Weight
Unit 1: Fitness for Sport	<ul style="list-style-type: none"><li>• 1 hour 20 min written examination.</li><li>• Questions based around applied situations and stimulus material.</li></ul>	40%
Unit 2: Improving Sporting Performance	<ul style="list-style-type: none"><li>• 4 hour controlled assessment</li><li>• Response to a brief, which includes a specific scenario, and several tasks</li></ul>	25%
Unit 3: Coaching Principles	<ul style="list-style-type: none"><li>• 6 hour controlled assessment.</li><li>• Response to a brief, which includes a specific scenario, and several tasks</li></ul>	35%

**LEARN**

**GROW**

**THRIVE**

**FLOURISH**

