



# WHY CHOOSE LEVEL 1/2 VOCATIONAL AWARD IN SPORT AND COACHING PRINCIPLES?



Are you passionate about sport and fitness? Do you want to learn how coaching can boost performance - and get off to a flying start in your future career?

**If so, it's time to get active - find out more about this exciting qualification today!**

## WHAT WILL I STUDY?

This qualification is made up of 3 units:

### Unit 1: Fitness for Sport (examination 40%)

You will:

- Develop the knowledge, understanding and skills needed to plan training programmes.
- Learn about the changes that take place in the body following exercise and how training can lead to improvements in fitness.

### Unit 2: Improving Sporting Performance (controlled assessment 25%)

- Develop the knowledge, understanding and skills needed to analyse performance and review strategies for improvement.
- Learn about the physiological, psychological and technical factors that impact sporting performance.

### Unit 3: Coaching Principles (controlled assessment 35%)

Learn how to plan, lead and evaluate a coaching session and about the principles involved in sports coaching.

## HOW WILL I BE ASSESSED?

You will be assessed through a mixture of exams and project work.

Unit 1 you will be assessed through an exam, which is worth 40% of your qualification.

For Units 2 and 3 you will undertake a controlled assessment in response to a brief.

These will be worth 60% of your qualification and will take 10 hours. You will be given a scenario and will need to undertake a number of tasks.

## WHAT SKILLS WILL I DEVELOP?

You will develop a range of skills which are attractive to employers, colleges and universities including:

- Communication
- Confidence
- Learning independently
- Organisation
- Problem solving
- Research
- Resilience
- Self-discipline
- Taking on responsibility
- Time management.

## CAREERS WITH SPORT AND COACHING PRINCIPLES?

The sports industry offers you a wide range of exciting opportunities which include:

- Community sports project manager
- Development coach
- Leisure club administrator
- Personal trainer
- Physical Education teacher
- Physiotherapist
- Sports coach
- Sports instructor
- Sports mentor
- Sports therapist

**FIND OUT MORE:  
TALK TO YOUR TEACHER TODAY!**

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