

# Level 1/2 Award in Sport

## Purpose statement

### Who is this qualification for?

This course is designed for learners aged 14-16 who have an interest in sport and wish to learn about the industry, the technical skills and theory associated with practical player performance, alongside developing practical skills and aptitude within coaching and officiating or organising sports events/activities. The Level 1/2 Award in Sport will give learners the opportunity to develop knowledge in the areas of:

- sports/ leisure management
- coaching
- leadership
- sports media / journalism
- officiating
- mentoring
- practical player performance.

The subject matter will appeal to those who are practically minded and who enjoy working with others in a team environment. Whilst learners may wish to enter the world of sport as a career, only a minority will achieve status as elite player-performers even if they are gifted. However, in addition to learning about rules & regulations, techniques & skills and tactics & strategies, this qualification will provide the opportunity to study the sports industry more widely, potentially giving a number of career openings within the above areas.

The externally assessed unit will be synoptic in nature and will challenge the most able learners, yet be fully accessible for those who perform better in a practical context. The paper is designed to allow all types of learners to achieve with careful use of language and utilisation by examiners of a broad range of question styles.

### What will the learner study as part of this qualification?

Learners will complete three mandatory units (one externally assessed and two internally assessed) spread across 120 guided learning hours.

#### Unit 1: Practical player performance (internally assessed)

Learners will develop their player performance in two separate sports activities, examples below:

**Game sports**      *Association Football, Basketball, Cricket, Golf, Tennis etc.*

**Athletic sports**      *Athletics, Cross Country, Figure Skating, Swimming, Track Cycling etc.*

**Creative sports**      *Cheerleading, Dance, Diving, Gymnastic, Skateboarding etc.*

**Adventurous**      *Cycling, Horse Riding, Kayaking, Rowing, Sailing etc.*

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Each learner will generate a portfolio of evidence by completing a log book which will provide the opportunity for planning, self-assessment and appraisal in addition to reflecting their personal development. The log book will contain various assessments which the centre may choose to use to authenticate and validate the learner's practical player performance.

### **Unit 2: Coaching and officiating or organising a sports event/activity (internally assessed)**

Learners will be given the opportunity to coach one of the sports they studied in Unit 1, or another of their choice. This can be coaching a group or an individual and should be based on the needs of the learner, peer group and centre. It is intended that the learner will prepare their individual or group for a performance within a sports activity, which the learner will then officiate or organise. There will be an element of self-appraisal and peer evaluation as part of the unit. The sports event/activity could be a sports day, football or tennis tournament, swimming gala or other suitable sports event/activity, which will provide the opportunity for learners to meet the assessment criteria.

### **Unit 3: The sports industry (externally assessed)**

Learners will study the fundamentals of the sports industry and its organisations, knowledge of which will be relevant when considering future career choices. There are four areas:

- health, physical fitness and safety
- contemporary issues in sport
- local and national organisations of sport
- careers in physical activity and sport.

Learners will develop an understanding of the positive impacts of exercise on general health and well-being of an individual. They will also learn about contemporary issues such as deviance in sport, the use of performance enhancing drugs and how the media interacts with the industry. They will gain a level of understanding of local and national sporting organisations such as Sport England and UK Sport and will examine the relationships between these different organisations. The training, qualifications and skills required for different roles or occupations in the sports industry will be explored.

### **What knowledge and skills will the student develop as part of this qualification and how might these be of use and value in further studies?**

The Level 1/2 Award in Sport will develop a wide range of practical sporting skills incorporating agility, balance, coordination, reaction and timing. Learners will understand the technical and tactical demands of the sports they choose to study in addition to a variety of transferable skills such as self-appraisal, evaluation, leadership, communication, decision making and problem solving. Additionally, learners will have an increased awareness of the positive effects of physical activity on the general health and wellbeing of individuals as a result of completing this qualification.

### **Which subjects will complement this course?**

The Level 1/2 Award in Sport will complement AQA's other Level 1/2 Awards such as Health & Social Care, IT and Performing Arts in addition to general qualifications such as GCSEs in PE, Biology, Psychology, Sociology, Maths and English Language. This course will also offer a progressive route through to Technical Certificates, Tech Levels, BTEC Level 3 National Diplomas and A Levels.

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This Level 1/2 Award in Sport is distinctive to GCSE PE. Whilst there are elements of overlap in the content of the qualification and its sister GCSE, the manner in which this is delivered by schools and demonstrated by the learner differs significantly. For example, the practical performance elements will be satisfied through the setting of development plans, SMART targets, practice session reporting and self-evaluation. This requires the learner to take ownership of their progression in a structured, supervised manner and by default will develop soft skills such as motivation, discipline and self-reliance.

We have considered carefully the different sporting activities appropriate for the qualification and wish to be as inclusive as possible. This will allow schools to utilise sports that could be unique to their centre. This was also a driver for retaining coaching as a key element of the qualification as it embodies the disciplines, leadership characteristics and skills required to prepare learners for their futures, irrespective of the career path chosen, using sport as the vehicle.

A key element in the design of AQA's suite of Awards was the emphasis on the development of transferable skills. Inherent throughout this qualification is the requirement for the learners to understand and demonstrate teamwork, communication, problem solving and decision-making. We have also placed emphasis on contextualising the content so that is wholly relevant and made clear to the learner why they are studying the content and completing the various tasks. The qualification is vocational in nature with content that supports the delivery of practical assessments and tasks. These in turn will develop the skills required to prepare learners for further study post 16 and for the world of work.

### **Further information**

[www.aqa.org.uk/subjects/physical-education](http://www.aqa.org.uk/subjects/physical-education)