

WJEC LEVEL 1/2 VOCATIONAL AWARD IN SPORT AND COACHING

Why choose WJEC Level 1/2 Vocational Award in Sport and Coaching Principles?

WJEC Vocational Awards are designed primarily for a school or college environment and can be delivered alongside GCSEs and other Level 1/2 qualifications as part of the Key Stage 4 curriculum.

The Vocational Award in Sport and Coaching Principles is designed to encourage and inspire you into following a qualification that provides insight into sports performance and coaching. It is designed to develop independent learners that can make informed decisions about further learning opportunities or continue into related career choices. you will develop both a critical and analytical approach to problem solving whilst gaining an understanding of sports performance, fitness and coaching principles

What will I study?

The qualification is designed to include a variety of aspects of Sport and Coaching including improving their own and others performance, how to assess needs and identify actions plans to develop physical fitness for sport or health, and how to coach different groups with different needs. The knowledge and skills gained provide a clear grounding within the sport and sports coaching sectors for those learners that may choose a career in sport, leisure, fitness instruction and coaching.



WJEC LEVEL 1/2 VOCATIONAL AWARD IN SPORT AND COACHING PRINCIPLES



What skills will I develop?

By studying Sport & Coaching Principles you will be able to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how the physiological state can affect performance in physical activity and sport
- understand the contribution which physical activity and sport make to health, fitness and well-being
- Demonstrate knowledge and understanding of the skills and techniques of coaching
- Demonstrate how to plan, organise and communicate effectively
- Demonstrate creativity and innovation

How will I be assessed?

Unit 1: Improving Sporting Performance

Purpose: analyse performance of individuals and review options to improve performance. **Controlled assessment:**

- marked by your teacher, externally moderated by WJEC
- 30% of qualification
- One internal assignment assessed against the assessment criteria from the specification

Unit 2: Fitness for Sport

Purpose: is to develop in learners the knowledge, understanding and skills to plan training programmes to improve the fitness of individuals.

- On-Screen Examination 1 hour 30 minutes
- 40% of qualification
- 90 marks
- A range of short and extended questions. The questions will be based on audio-visual stimuli.

Unit 3: Coaching Principles

Purpose: to be able to plan, lead and evaluate a sporting activity.

- Controlled assessment
- Marked by your teacher, externally moderated by WJEC
- 30% of qualification
- One internal assignment assessed against the assessment criteria from the specification

Careers with Level 1/2 Sport & Coaching Principles

This qualification will build on subject content which you will have been taught at Key Stage 3 and will provide a suitable foundation for the study of physical education and sport at Level 3 for example the WJEC A level Physical Education.

This qualification will also provide a coherent, satisfying and worthwhile course of study for you if you do not progress to further study in this subject.