

SPORTS GCSE

WJEC GCSE Sports & Coaching Principles

When Delivered:	One afternoon per week over two years
Qualification title:	WJEC GCSE Sports & Coaching Principles
Awarding Body:	WJEC

Introduction to the subject

If you are an individual who has an interest in sport, this course will give you the foundation knowledge for future courses of study in the sports area. The three units within the course will give you a broad range of knowledge in coaching, fitness and also how to improve general sporting performance. The course will also allow learners to gain prior knowledge for progression on to higher level courses in the future. Also, the sports and coaching principles qualification will provide learners with an overview of the types of career opportunities available.

The course will help to develop learners social skills, including confidence and communication skills to be able to effectively deliver coaching sessions.

Course Content

The course is a vocational qualification assessed to Level 1 and Level 2 standard. The course is structured with three units taught across two years. The qualification provides learners with a broad appreciation of working in sport and wider opportunities for further education or training. The following units are covered within the qualifications:

Unit 1: Improving sporting performance

Unit 2: Fitness for Sport

Unit 3: Coaching principles

Assessment

Unit 1: Internally assessed

Written assignment based assessment which includes identifying strengths and weaknesses from current sporting performance and designing an improvement plan through a fitness programme.

Unit 2: Externally assessed

Assessed in June with an external examination.

Duration - 90 minutes

Online or paper based examination.

Unit 3: Internally assessed

Written assignment based assessment on the principles of coaching.

A formal recorded observation of a coaching session which is internally assessed and externally moderated by WJEC.

Costs

Sports clothing - Compulsory sports pack - 2x t-shirts and 1x ¼ zip. - £50