

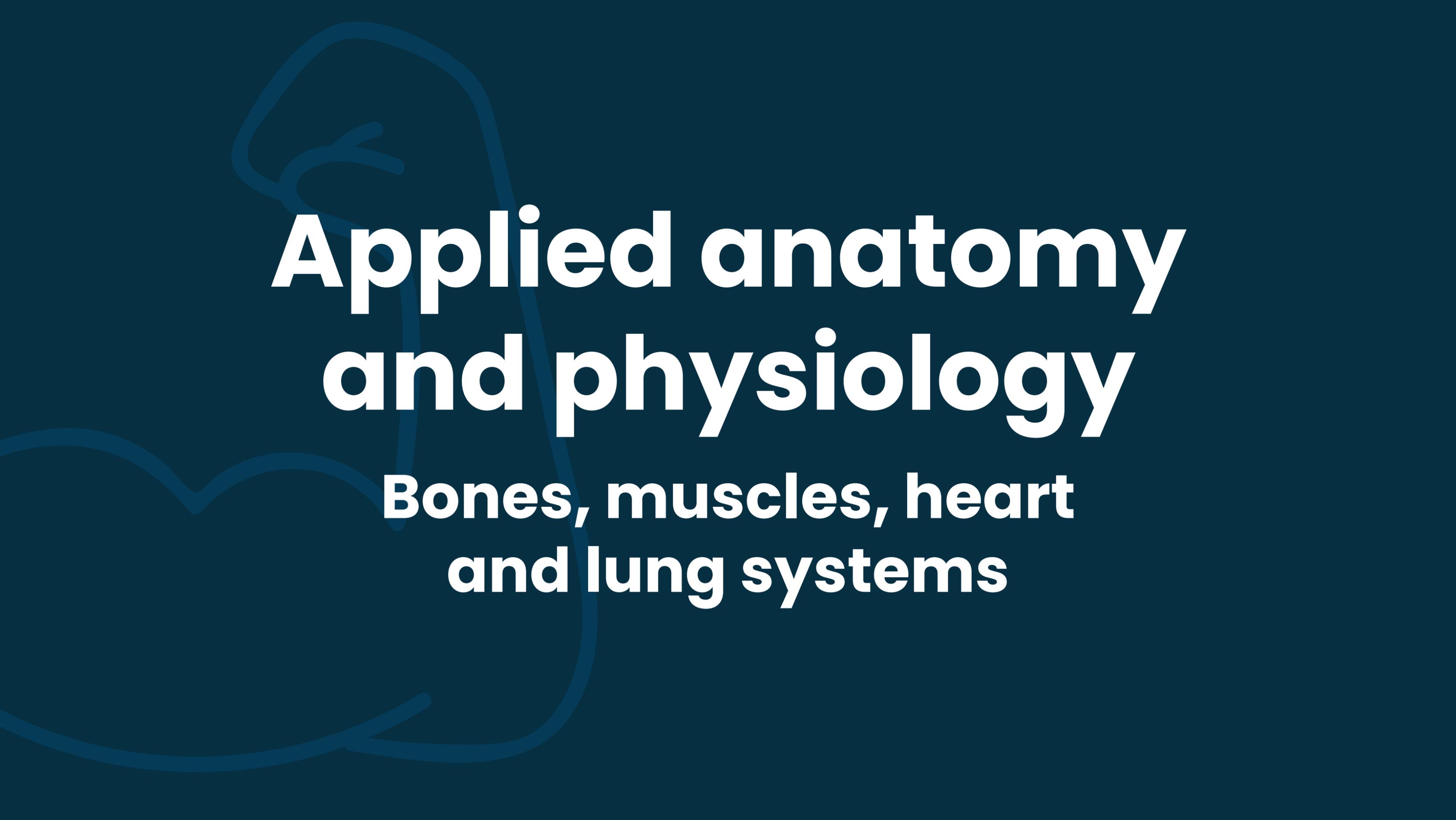
**Did you  
know...**



**Sport England invests  
£250 million into sport  
and participation  
each year**

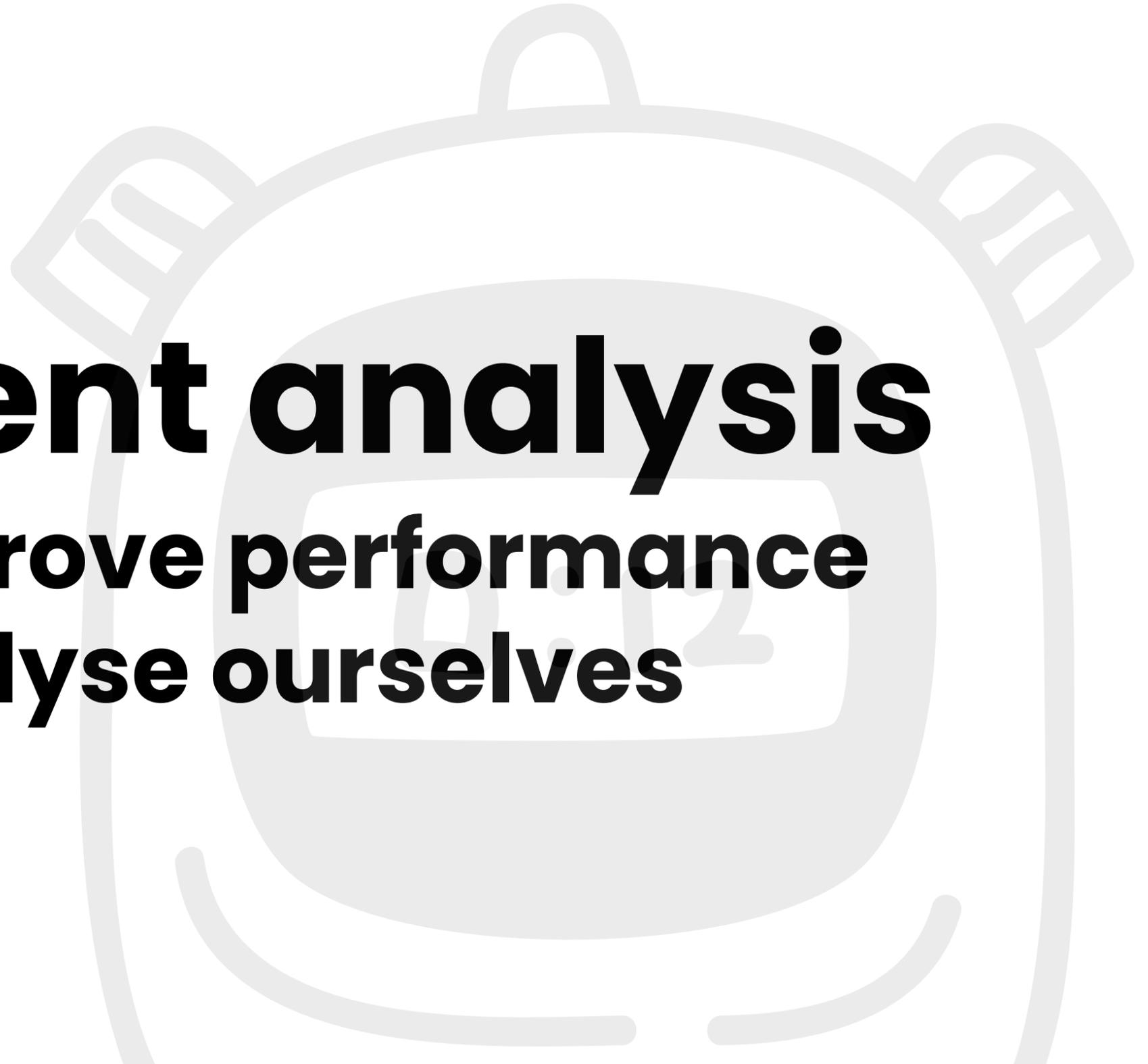


**What will  
I learn?**



# **Applied anatomy and physiology**

**Bones, muscles, heart  
and lung systems**



# **Movement analysis**

**How we improve performance  
and analyse ourselves**

A stylized, light blue outline of a bicycle is positioned in the background, centered behind the text. The bicycle is shown from a side profile, facing right. It includes a large front wheel, a smaller rear wheel, a seat, handlebars, and a frame. The lines are thick and rounded, giving it a modern, minimalist appearance.

# Physical training

**How to train for sports,  
activities and challenges**

# **Sport psychology**

**How we and elite athletes  
think and approach training  
and competitions**

2

3

# **Socio-cultural Influences**

**Media impact, sponsorship,  
technology and the impact  
of drug use and hooliganism**





# **Health, fitness and wellbeing**

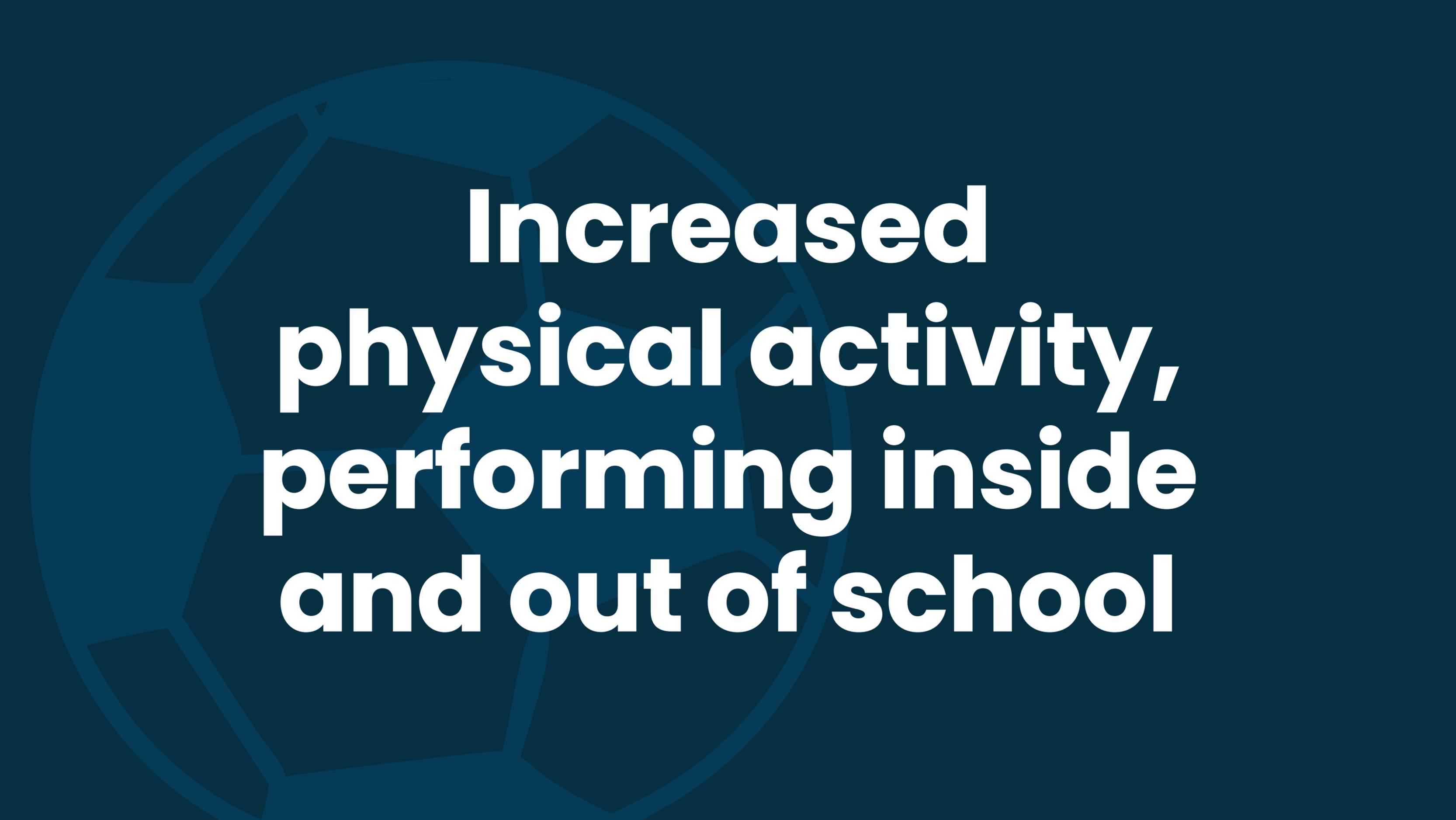
**Benefits of exercise, why you  
undertake PE in schools and  
why this is a huge industry**



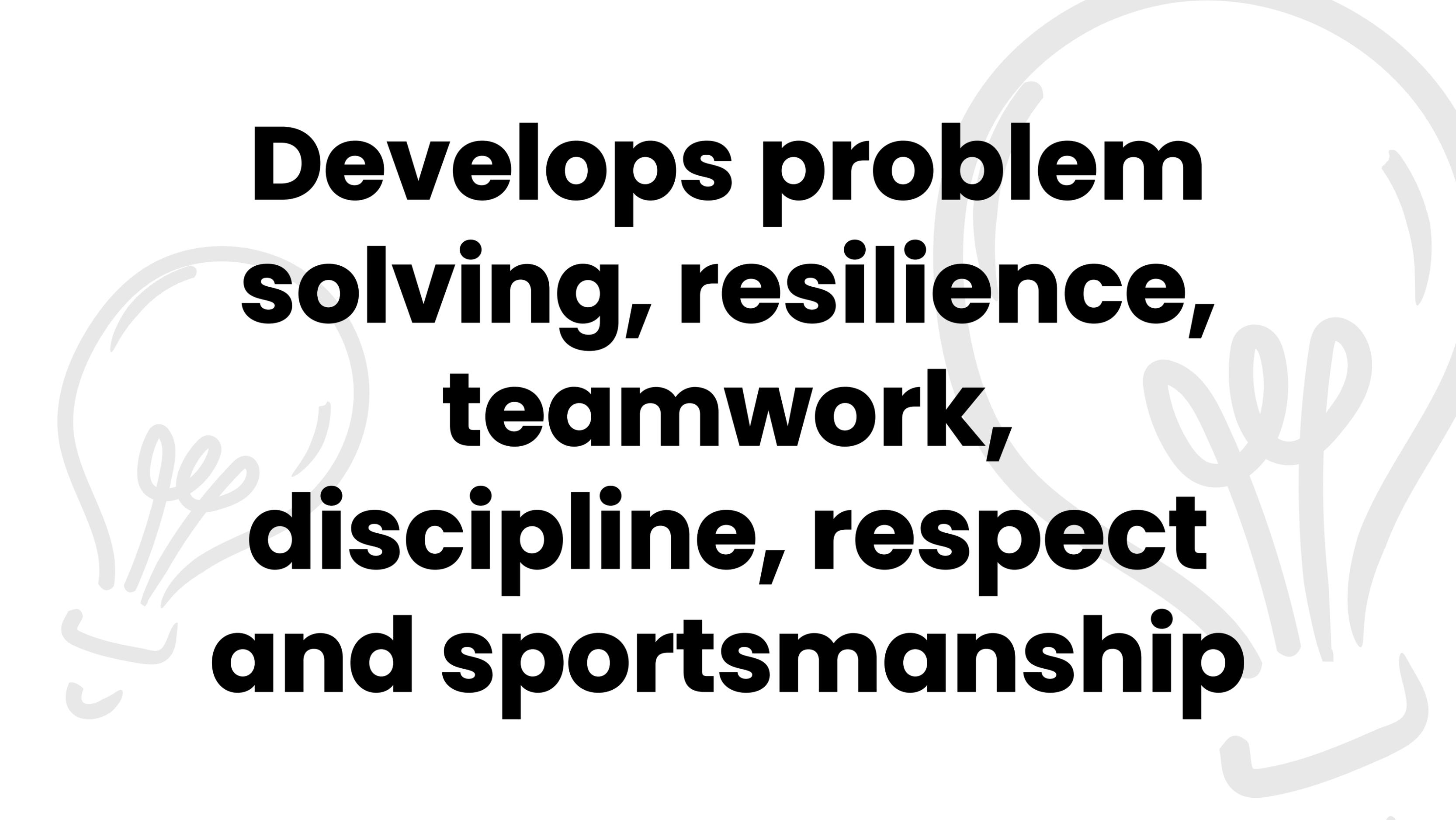
**Why is  
sport  
useful?**



**Develops  
leadership  
skills**



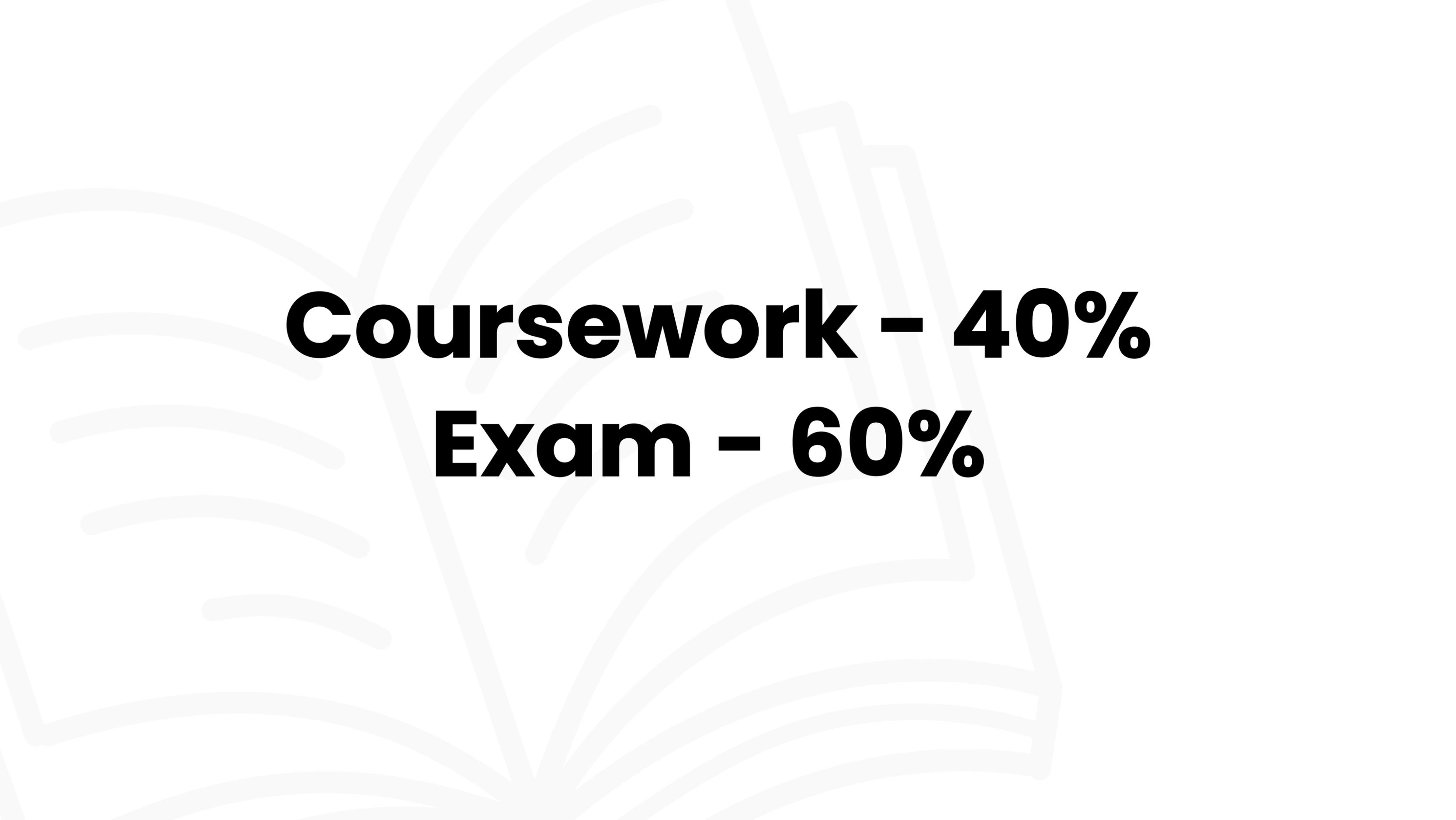
**Increased  
physical activity,  
performing inside  
and out of school**



**Develops problem  
solving, resilience,  
teamwork,  
discipline, respect  
and sportsmanship**



**How  
will I be  
assessed?**



**Coursework – 40%**

**Exam – 60%**



**How is  
the course  
graded?**

# **A level Sport**

**All work is graded 9 – 1.**

**Students are entered for  
the foundation tier**

**(Grades 1 – 5) or the higher  
tier (Grades 4 – 9)**

# **BTEC Sport**

**All work is graded at Level 2 pass, merit or distinction.  
If you do not quite reach the requirements, work will be graded at Level 1**

**Level 2 Distinction\* (8+)**  
**Level 2 Distinction (7)**  
**Level 2 Merit (5+)**  
**Level 2 Pass (4)**  
**Level 1 Distinction (3)**  
**Level 1 Merit (2)**  
**Level 1 Pass (1+)**

*GCSE equivalent shown in brackets*



**What could  
come next?**



**A level PE or  
BTEC sport**



# **Institute of Sporting Futures**

**The ISF programme is a  
coaching qualification that  
prepares students for  
employment and University**



# **Hermitage Academy Institute of Sport**

**The IOS programme supports  
up and coming performers  
and coaches on their  
pathway to excellence**

# Possible careers

Coaching, leading, managing,  
teaching, officiating, physiotherapy,  
sports massage, sports psychology,  
sports rehabilitation, sports analysts,  
commentators, pundits, sports  
journalism, sports scientists, sports  
marketing and business



**What our  
students  
say...**

**“I really enjoy the content,  
although I’m not a ‘sporty person’  
the course really interests me, it  
opens up opportunities that  
aren’t just sport related.”**

**Madi (Year 12)**

**“I enjoy the content in all of the units, they help me understand how the body works while keeping fit. It’s a great option if you want to learn new and fun content.”**

**Joshua (Year 11)**

**"It allows you to learn  
new things about  
yourself as a person."  
Thomas (Year 10)**

**“The sports courses are hard but they pay off at the end. It’s well worth it. If you enjoy being active and are full of energy picking sport is the right option.” Ben (Year 12)**