

# 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

The course is a vocational qualification assessed to 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.

### Course Content

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.

The following units are covered within the qualification:

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

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 (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 (35%)

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

### Assessment

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.

### Costs

Sports clothing - 1x t-shirts (compulsory)  
Zip top & shorts are optional.

[Macron Sports](#)