

BTEC Sport	KEY STAGE 5 Level 3	SUMMARY CURRICULUM
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Subject content (What will be covered)	As a result, what students should know / understand	What students should be able to do (application/skills developed)	How students will be assessed	By when (Half term 1 – 6)
Compulsory Units				
Unit 1 – Principles of Anatomy and Physiology	Describe, Explain and Analyse locations, structures and functions of different body systems and their use in sport and exercise (Skeletal, Joints, Muscular, Cardiovascular and Respiratory systems)		<p>Students are assessed by way of a selection of assignments (the course is entirely focused around coursework assessment.</p> <p>Assignments are set by the course tutor when content has been delivered and the group are at a stage to be able to complete the required pieces of work.</p> <p>Assignments are spread throughout the 2 year course and students should expect to have to write at least two assignments at any given time in order to complete the course by end of the second year.</p>	Assignments are set during the first year, with full completion expected by early in year two.
Unit 2 – The Physiology of Fitness	<ul style="list-style-type: none"> -Describe, Explain and Investigate the body's responses to exercise (acute and long-term effects) in relation to the different systems (referred to above) -Collect and investigate physiological data to explore the effects of exercise on the different body systems. 			
Unit 3 – Assessing Risk in Sport	<ul style="list-style-type: none"> -Describe / Compare and Contrast influences of legislation, legal factors and regulatory bodies on H&S in sport -Carry out and review risk assessments for two activities, evaluating their effectiveness. -Describe, Explain and Analyse 3 procedures used In the promotion of a safe sports environment -Produce, Explain and Review a plan for the safe delivery of a sports activity. 			Assignments are set during HT 1 and 2, with full completion expected by early in HT3
Units 4 and 7 – Fitness Training and programming and Fitness testing for Sport and Exercise	<p>Unit 4 – Describe and Explain one method of fitness training for 6 different components of fitness.</p> <ul style="list-style-type: none"> -Produce training session plans for C/v, Resistance, Flexibility and Speed training and justify the plans. -Produce a 6 week training programme to include principles of training and periodization, monitor it and give feedback to an individual following its completion by providing recommendations for future activities. <p>Unit 7 – Describe and Explain the advantages/disadvantages of one fitness test for each of 6 areas of fitness</p>			Assignments are set during HT 3,4,5,6, with full completion expected by end of HT1 of second year.
(Often combined to provide logical pathway through the two interlinking units)				

	<p>-Prepare, Devise and safely Administer health screening procedures for two contrasting individuals, evaluating strengths and weaknesses before giving recommendations for lifestyle improvement</p> <p>-Select and Justify the selection of 6 fitness tests for an individual, commenting on their effectiveness. Give feedback to an individual after the tests and compare their results to normative data tables. Give strengths and weaknesses together with appropriate actions for future improvements.</p>		
<p>Various optional units to be considered depending on the current cohort.</p> <p>Units include topics such as: Practical team or individual sports, Sports Coaching, Sports Development, Sport Psychology, Rules, regulations and officiating through sport</p>	<p>Course content covers a wide variety of elements and students are exposed to a range of stimulating topics.</p> <p>Separate course content will be produced once topics have been agreed.</p>		<p>Assignments to be set throughout the second year as appropriate.</p> <p>Additional units may be covered for advanced level students who have an interest in alternative units.</p>