


Department	PE	 HeathPark EVERY PUPIL ALWAYS IN FOCUS
Key Stage	KEY STAGE 5	
Course Level	BTEC Sport National Extended Certificate (single)	
Exam Board	Pearson	

Dates Delivered	Unit Title	End Points	Substantive Knowledge What will they learn about in this topic?	Disciplinary Knowledge What subject concepts will be developed through this topic?	Assessment Method	Key Course Guides & Reading
Year 12 Autumn - Summer Term	Unit 1: Anatomy and Physiology (GLH 120)	<p>Students will have demonstrated knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system.</p> <p>Students will have demonstrated an understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance.</p> <p>Students will have analysed exercise and</p>	<p><i>The effects of exercise and sports performance on the skeletal system</i></p> <ul style="list-style-type: none"> – Structure of skeletal system – Function of skeletal system – Joints – Responses of the skeletal system to a single sport or exercise session – Adaptations of the skeletal system to exercise – Additional factors affecting the skeletal system <p><i>The effects of exercise and sports performance on the muscular system</i></p> <ul style="list-style-type: none"> – Characteristics and functions of different types of muscles – Major skeletal muscles of the muscular system – Antagonistic muscle pairs – Types of skeletal muscle contraction – Fibre types – Responses of the muscular system to a single sport or exercise session – Adaptations of the muscular system to exercise – Additional factors affecting the muscular system 	<p>Learners demonstrate thorough knowledge and understanding of the body systems in the context of exercise and sports performance, applying this to a range of familiar and unfamiliar situations.</p> <p>Learners are able to analyse how the body carries out exercise and sporting movements and how the body systems respond to short- and long-term exercise.</p> <p>Learners will be able to interpret information on exercise and sports performance and make reasoned judgements on how body systems carry out exercise and sporting movements in a range of different contexts, demonstrating understanding of the interrelationships between the body systems.</p>	<p>Weekly recall tests</p> <p>X8 CAT tests across the course (x2 per HT)</p> <p>Final written examination set and marked by Pearson sat in May.</p> <p>1.5 hours.</p> <p>80 marks.</p> <p>Forms 33.5% of final grade</p>	<p>Pearson REVISE BTEC National Sport Units 1 & 2 Revision Guide: for home learning, 2022 and 2023 assessments and exams (REVISE BTEC Nationals in Sport)</p> <p>Revise BTEC National Sport Units 1 and 2: Revision Workbook: for home learning, 2022 and 2023</p> <p>BTEC Nationals Sport Student Book 1 + Activebook: For the 2016 specifications (BTEC Nationals Sport 2016)</p>

sports movements, how the body responds to short- and long-term exercise, and other additional factors affecting each body system.

Students will have evaluated how body systems are used and how they interrelate in order to carry out exercise and sporting movements.

Students will have made connections between body systems in response to short- and long-term exercise and sport participation.

Students will have made connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems.

The effects of exercise and sports performance on the respiratory system

- Structure of the respiratory system
- Function
- Lung volumes
- Control of breathing
- Responses of the respiratory system to a single sport or exercise session
- Adaptations of the respiratory system to exercise
- Additional factors affecting the respiratory system

The effects of sport and exercise performance on the cardiovascular system

- Structure of the cardiovascular system
- Function of the cardiovascular system
- Nervous control of the cardiac cycle
- Responses of the cardiovascular system to a single sport or exercise session
- Adaptations of the cardiovascular system to exercise
- Additional factors affecting the cardiovascular system

The effects of exercise and sports performance on the energy systems

- The role of ATP in exercise
- The ATP-PC (alactic) system in exercise and sports performance
- The lactate system in exercise and sports performance
- The aerobic system in exercise and sports performance
- Adaptations of the energy system to exercise
- Additional factors affecting the energy systems

Pearson REVISE BTEC National Sport Practice Assessments Plus U1: for home learning, 2022 and 2023 assessments

BTEC Nationals Sport Student Book 2: For the 2016 specifications (BTEC Nationals Sport 2016)

Dates Delivered	Unit Title	End Points	Substantive Knowledge	Disciplinary Knowledge	Assessment Method	Key Course Guides & Reading
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			What will they learn about in this topic?	What subject concepts will be developed through this topic?		
Year 12 Summer - Year 13 Spring	Unit 2: Fitness Training and Program ming for Health, Sport and Well- being (GLH 90)	<p>Students will have demonstrated knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being.</p> <p>Students will have applied knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals.</p> <p>Students will have analysed and interpreted screening information relating to an individual's lifestyle questionnaire and health monitoring tests.</p> <p>Students will have evaluated qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved.</p> <p>Students will have been able to develop a fitness</p>	<p>Examine lifestyle factors and their effect on health and well-being</p> <ul style="list-style-type: none"> – Positive lifestyle factors and their effects on health and well-being – Negative lifestyle factors and their effects on health and well-being – Lifestyle modification technique <p>Understand the screening processes for training programming</p> <ul style="list-style-type: none"> – Screening Processes – Health monitoring tests – Interpreting the results of health monitoring tests <p>Understand programme-related nutritional needs</p> <ul style="list-style-type: none"> – Common terminology – Components of a balanced diet – Nutritional strategies for individuals taking part in training programmes <p>Examine training methods for different components of fitness</p> <ul style="list-style-type: none"> – Components of fitness to be trained – Skill-related fitness – Training methods for physical fitness-related components – Aerobic endurance training methods – Muscular strength training methods – Muscular endurance training methods – Core stability training methods – Flexibility training methods – Speed training methods – Training methods for skill-related fitness components – Agility training methods – Balance training methods – Coordination training methods – Reaction time training methods – Power training methods 	<p>Learners will be able to produce a training programme that demonstrates knowledge and understanding of lifestyle factors, nutritional needs and health screening data in the context of the individual in the scenario, supported by justification and the application of relevant research.</p> <p>Learners can recommend nutritional strategies and behavioural modification activities that are specific, demonstrating a thorough understanding of interrelationships between the health, fitness and well-being needs of the client.</p> <p>Learners' recommendations will show an analytical approach, containing sustained lines of argument leading to a cohesive training programme that is entirely relevant in the wider context of fitness training principles.</p>	<p>A task set and marked by Pearson and completed under supervised conditions.</p> <p>A case study one week before a supervised assessment period in order to carry out preparation.</p> <p>In Part B, the supervised assessment period is 2.5 hours as timetabled by Pearson.</p> <p>Written submission.</p> <p>60 marks</p> <p>Forms 33.5% of final grade.</p>	<p>Pearson REVISE BTEC National Sport Units 1 & 2 Revision Guide: for home learning, 2022 and 2023 assessments and exams (REVISE BTEC Nationals in Sport)</p> <p>Revise BTEC National Sport Units 1 and 2: Revision Workbook: for home learning, 2022 and 2023</p> <p>BTEC Nationals Sport Student Book 1 + Activebook: For the 2016 specifications (BTEC Nationals Sport 2016)</p> <p>Pearson REVISE BTEC National Sport Practice Assessments Plus U1: for home learning, 2022 and 2023 assessments</p> <p>BTEC Nationals Sport Student Book 2: For the 2016 specifications</p>

training programme with appropriate justification

Understand training programme design
 – Principles of fitness training programme design

(BTEC Nationals Sport 2016)

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Year 13 Spring	Unit 4: Sports Leadership (GLH 90)	<p>Students will have understood the roles, qualities and characteristics of an effective sports leader.</p> <p>Students will have examined the importance of psychological factors and their link with effective leadership.</p> <p>Students will have explored an effective leadership style when leading a team during sport and exercise activities.</p>	<p>Understand the roles, qualities and characteristics of an effective sports leader.</p> <ul style="list-style-type: none"> – Different leadership roles – Skills, qualities, characteristics and application – Importance and effective use of skills, qualities and characteristics when leading 	<p>Discuss the skills, qualities and characteristics of three different leadership roles in different sport and exercise activities or environments.</p> <p>Explain, analyse and evaluate the importance and impact of skills, qualities and characteristics in the leadership role in different sport and exercise activities or environments.</p>	<p>Written essay on leadership skills qualities and characteristics. A report on the psychological factors that can affect leadership.</p> <p>Forms 16.5% of final grade.</p>	<p>American College of Sports Medicine www.acsm.org</p> <p>Aspire Sports Aspire Sports (aspire-sports.co.uk)</p> <p>British Association of Sport and Exercise Sciences www.bases.org.uk</p>
			<p>Examine the importance of psychological factors and their link with effective leadership</p> <ul style="list-style-type: none"> – Psychological factors that could impact on leadership. – Leadership and psychological factors. 	<p>Discuss, analyse and evaluate the impact of key psychological factors on sports leadership in different sport and exercise activities or environments.</p>		<p>Coachwise www.1st4sport.com</p>

<p>Explore an effective leadership style when leading a team during sport and exercise activities</p> <ul style="list-style-type: none"> – Expectations of leadership – Practical skills required for different leadership styles – Leading a sport and exercise activity – Effectiveness and impact of leadership on a sport and exercise activity 	<p>Demonstrate a chosen leadership style, using appropriate skills when leading a team during a sport and exercise activity.</p> <p>Review the impact of own leadership style on the performance of the team during the sport and exercise activity.</p> <p>Demonstrate a chosen leadership style, using effective skills when leading a team during a sport and exercise activity.</p> <p>Analyse your chosen leadership style and the impact of it on team performance, considering own strengths and areas of weakness.</p> <p>Justify your leadership style and its impact on team performance, suggesting alternative leadership styles that could be used to improve team performance.</p>	<p>Video evidence of leading a practical delivery of sports session. An investigation into the application of skills, qualities and characteristics in different roles.</p>	<p>Human Kinetics www.humankinetics.com</p> <p>Sport Science www.sportsci.org</p> <p>Sports Coach UK Coaching UK Sport</p> <p>Top End Sports Topend Sports The Sports Fitness, Nutrition and Science Resource</p>
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Dates Delivered	Unit Title	End Points	Substantive Knowledge What will they learn about in this topic?	Disciplinary Knowledge What subject concepts will be developed through this topic?	Assessment Method	Key Course Guides & Reading
Year 13 Summer	Unit 3: Professional Development in the Sports Industry (GLH 90)	<p>Students will have understood the career and job opportunities in the sports industry.</p> <p>Students will have explored their own skills using a skills audit to inform a career development action plan.</p> <p>Students will have undertaken a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway.</p> <p>Students will have reflected on the recruitment and selection process and their individual performance.</p>	<p>Understand the career and job opportunities in the sports industry</p> <ul style="list-style-type: none"> – Scope and provision of the sports industry – Careers and jobs in the sports industry – Professional training routes, legislation, skills in the sports industry – Sources of continuing professional development (CPD) 	<p>Explain the different career pathways, the associated job opportunities and their requirements in the sports industry.</p> <p>Explain the development pathway into a selected career in the sports industry.</p> <p>Analyse the professional development requirements and opportunities for specialism or promotion in different career pathways and the associated job opportunities in the sports industry.</p>	<p>A written report on 2 different career pathways</p> <p>A career development audit, action plan and personal skills audit outcomes.</p>	<p>BTEC Pearson revision guides, student books and work books</p> <p>http://qualifications.pearson.com/en/sup-port/published-resources.html#step1</p>
			<p>Explore own skills using a skills audit to inform a career development action plan</p> <ul style="list-style-type: none"> – Personal skills audit for potential careers – Planning personal development towards a career in the sports industry – Maintaining a personal portfolio/record of achievement and experience 	<p>Explain and analyse own personal skills audit outcomes against a selected career in the sports industry.</p> <p>Develop a career development action plan that has specific relevance to the requirements of intended sports career and skills audit outcomes.</p> <p>Justify how own skills audit outcomes and development action plan aligns to chosen career pathway, based on a comprehensive knowledge and understanding of the career.</p>		<p>UCAS website</p> <p>https://www.ucas.com/explore/career-path/7.4?assessmentId=false</p>
			<p>Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p> <ul style="list-style-type: none"> – Job applications – Interviews and selected career pathway-specific skills 	<p>Prepare appropriate documentation for use in selection and recruitment activities.</p> <p>Participate in the selection interviews and activities as an interviewee, demonstrate analytical responses and questioning and activities to allow assessment of skills and knowledge.</p>	<p>A portfolio which will demonstrate the application process for a particular job in the sports industry.</p>	<p>Wolverhampton university- school of sport website</p> <p>https://www.wlv.ac.uk/schools-and-institutes/faculty-of-education-health-and-wellbeing/study-sport/</p>

	<p>Demonstrate individual responsibility and effective self-management during the recruitment activity.</p>	
<p>Reflect on the recruitment and selection process and your individual performance</p> <ul style="list-style-type: none"> - Review and evaluation - Updated SWOT and action plan 	<p>Review own performance in role in the interviewing activities, supported by an updated SWOT analysis.</p> <p>Analyse the results of the process and how your skills development will contribute to your future success.</p> <p>Evaluate how well the documents prepared, and own performance in the interview activities, supported the process for accessing the selected career pathway.</p>	<p>A video of you being interviewed for a job in the sports industry.</p> <p>A written report which reflects on the recruitment and selection process.</p> <p>Forms 16.5% of final grade.</p>

Unifrog- writing a CV
<https://www.unifrog.org/know-how/how-to-write-the-perfect-resume>