

Curriculum Overview National Extended Certificate Pearson BTEC Award in Sport

Subject: PE Year 12

Periods per fortnight: 5

INTENT:

Students will raise their knowledge and understanding of a variety of training principles as well as developing a basic understanding of sports nutrition. Finally the students will study the psychological aspects which affect our participation in sport and physical activity.

BTEC Nationals in Sport have been developed in the sport and active leisure sector to:

- provide education and training for sport, leisure and recreation employees
- give opportunities for sport, leisure and recreation employees to achieve a nationally recognised Level 3 Vocationally specific qualification
- give full-time learners the opportunity to enter employment in the sport and active leisure sector or to progress to higher education vocational qualifications such as the Edexcel BTEC Higher Nationals in Sport or related areas
- Give learners the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance in working life

This 2 year course consists of 4 units:

Unit 1: Anatomy and Physiology in Sport

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

Unit 3: Professional Development in the Sports Industry

Unit 5: Application of Fitness Testing

A wide range of delivery methods are used to teach the units including lectures, tutorials, presentations, videos, work sheets, use of internet sources, keeping a log book or write up practical tests and or observations and many practical activities.

Unit	Type	Availability
Unit 1: Anatomy and Physiology	<ul style="list-style-type: none"> • Written examination set and marked by Pearson. • 1.5 hours. • 80 marks. 	Jan and May/June First assessment May/June 2017
Unit 2: Fitness Training and Programming for Health, Sport and Well-being	<ul style="list-style-type: none"> • A task set and marked by Pearson and completed under supervised conditions. • In Part A, learners will be given a case study one week before a supervised assessment period in order to carry out preparation. • In Part B, the supervised assessment period is 2.5 hours as timetabled by Pearson. • Written submission. • 60 marks. 	Dec/Jan and May/June First assessment May/June 2017

IMPLEMENTATION:

Term	Topics studied	Extended learning opportunities (homework, controlled assessments, field work, trips etc.)	How parents could support students
Autumn Term	<p>Commencement of the award.</p> <p>Start of both units simultaneously</p> <p>Unit 1 Anatomy & Physiology</p> <p>Section A - Skeletal System & Section B - Muscular System</p> <p>2 weekly progress tests on content delivered in lessons</p> <p>Unit 2 - Fitness Training and Programming for Health, Sport and Wellbeing</p> <p>(course is split into multiple questions to answer during your exam)</p> <p>Start of Question 1 & 2</p> <p>2 weekly progress test on content delivered in lessons</p> <p>A Examine lifestyle factors and their effect on health and well-being A1 Positive lifestyle factors and their effects on health and well-being A2 Negative lifestyle factors and their effects on health and well-being</p>	<ul style="list-style-type: none"> ❑ Fortnightly flipped learning homework on google classroom ❑ Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable ❑ Sporting fixtures ❑ Revision Sessions and coursework catch up sessions ❑ The Everlearner.com for weekly recall tasks, homework, flipped learning and tests for unit 1 	<p>Supporting your son / daughter:</p> <ul style="list-style-type: none"> • Checking the completion of google classroom homework • Supporting your son/daughters external sporting endeavours.

	<p>A3 Lifestyle modification techniques</p> <p>B Understand the screening processes for training programming B1 Screening Processes B2 Health monitoring tests B3 Interpreting the results of health monitoring tests</p>		
Spring Term	<p>Unit 1 Anatomy & Physiology - Section C - Cardiovascular System Section D - Respiratory System</p> <p>Unit 2 - C Understand programme-related nutritional needs C1 Common terminology C2 Components of a balanced diet C3 Nutritional strategies for individuals taking part in training programmes</p> <p>D Examine training methods for different components of fitness D1 Components of fitness to be trained D1.1 Skill-related fitness D2 Training methods for physical fitness-related components D2.1 Aerobic endurance training methods D2.2 Muscular strength training methods D2.3 Muscular endurance training methods D2.4 Core stability training methods D2.5 Flexibility training methods D2.6 Speed training methods D3 Training methods for skill-related fitness components D3.1 Agility training methods D3.2 Balance training methods D3.3 Coordination training methods D3.4 Reaction time training methods D3.5 Power training methods</p> <p>Assessment - February Mock Examinations based on content covered so far</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Fortnightly flipped learning homework on google classroom <input type="checkbox"/> Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable <input type="checkbox"/> Sporting fixtures <input type="checkbox"/> Revision Sessions and coursework catch up sessions 	As above

<p>Summer Term</p>	<p>Unit 1 - Section E - Energy Systems</p> <p>Recap all 5 sections from Unit 1 in preparation for Final exam in May/June</p> <p>Unit 2 - E Understand training programme design E1 Principles of fitness training programme design Be able to design a fitness training programme including all the major components.</p> <ul style="list-style-type: none"> • Fitness training programme design: <ul style="list-style-type: none"> o aims – details of what they would like to achieve o objectives – how they intend to meet their aims o personal goals – specific, measurable, achievable, realistic, time-related, exciting, recorded (SMARTER) o resources required – facilities and equipment. • Principles of training: FITT principles (frequency, intensity, time and type of exercise used in the exercise sessions), additional principles of training (specificity, overload, progression, reversibility, rest and recovery, adaptation, variation, individual needs). • Periodisation: macrocycle, mesocycle, microcycle. <p>Assessment - External Examination June.</p>	<ul style="list-style-type: none"> ❑ Fortnightly flipped learning homework on google classroom ❑ Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable ❑ Sporting fixtures ❑ Revision Sessions 	<p>As above</p>
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IMPACT:

These components are assessed through a written assessment set and marked by Pearson. Both units will contribute to their overall assessment through until the end of Year 13.

Unit 1 will be assessed under supervised conditions. The number of marks for the Unit 1 assessment is 80. The supervised assessment period is a maximum of 1.5 hours as timetabled by Pearson. The paper will contain a number of short- and extended-answer questions that will assess students' understanding of the five body systems from the Anatomy & Physiology Unit.

Unit 2 will be assessed under supervised conditions. Learners will be given a case study one week before the supervised assessment period to carry out preparatory work. The supervised assessment period is a maximum of 2.5 hours as timetabled by Pearson. During the assessment learners will be given a task that will assess their ability to interpret lifestyle factors and health screening data from a scenario and stimulus information in order to develop and justify a fitness training programme and nutritional advice based on these interpretations. Pearson sets and marks the task.