



BTEC Sport

Program of Study: KS5 – BTEC Level 3 – Extended Certificate & Diploma

Key Concepts

Communication	Decision Making	Teamwork and Leadership	Health and Wellbeing	Personal Challenge
Students in a variety of contexts impart or exchange information by speaking, writing, or using another medium	Students develop the action or process of making important decisions in a range of contexts.	Leadership, teamwork, and interpersonal skills are developed when students are engaged in movement contexts. Students develop leadership knowledge and understanding about how to balance rights, roles, and responsibilities in a range of situations/ contexts.	Students learn the importance of health and well-being both in terms of physical, mental, and social. Health and well-being can be described as the achievement and maintenance of physical fitness and mental stability.	By actively participating in contexts that involve challenge, students extend and test their physical, mental, and emotional limits, both individually and as part of a group.

Key Themes

Applied anatomy and physiology	Physical training	Socio-cultural influences	Sports psychology	Health, fitness and wellbeing	Performance
Learners will develop knowledge and understanding of the basic structures and functions of body systems that are particularly important to physical activities and sports and the long term and short term effects.	Learners will develop their knowledge and understanding of the components of fitness required for physical activities and sports and how each can be measured. Learners will also be able to apply their knowledge of training principles to personal exercise/training programmes to improve fitness, along with the knowledge of how to optimise training and helping to prevent injury.	Learners will develop their knowledge and understanding of the factors that continue to impact on physical activities and sports.	Learners will develop their knowledge and understanding of the psychological factors that can affect performers. They will also develop their knowledge and understanding of how movement skills are learned and performed in physical activities and sports.	Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness.	Learners should be taught the necessary knowledge to undertake a range of roles in a variety of activities.

YEAR: 12 – Extended Certificate

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Unit 2: Fitness training and Programming for Health, Sport and Well-being							Unit 2: Fitness training and Programming for Health, Sport and Well-being							Unit 4: Sports Leadership					Unit 4: Sports Leadership					Unit 4: Sports Leadership					Unit 4: Sports Leadership									
Section A: Examine lifestyle factors and their effect on health and well-being							Section D: Examine training methods for different components of fitness							Learning Aim A: Understand the roles, qualities, and characteristics of an effective sports leader					Learning Aim A: Understand the roles, qualities, and characteristics of an effective sports leader					Learning Aim B: Examine the importance of psychological factors and their link with effective leadership.					Learning Aim B: Examine the importance of psychological factors and their link with effective leadership.					Learning Aim C: Explore an effective leadership style when leading a team during sport and exercise activities				
Section B: Understand screening processes for training programming							Section E: Understanding training programme design												Learning Aim B: Examine the importance of psychological factors and their link with effective leadership.					Learning Aim C: Explore an effective leadership style when leading a team during sport and exercise activities														
Section C: Understand programme-related nutritional needs																			Learning Aim C: Explore an effective leadership style when leading a team during sport and exercise activities																			
Key Concepts							Key Concepts							Key Concepts					Key Concepts					Key Concepts					Key Concepts									
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Assessment Method: Unit 2: Formative and summative quizzes/tests							Assessment Method: Unit 2: Formative and summative quizzes/tests							Assessment Method: Unit 2: Summative assessment – BTEC Unit 2 exam Unit 4 LAA: Essay of roles, qualities, and characteristics of a leader (Summative)					Assessment Method: Unit 4 LAA: Essay of roles, qualities, and characteristics of a leader (Summative) Unit 4 LAB: Report of the psychological factors involved in leadership. (Summative)					Assessment Method: Unit 4 LAB: Report of the psychological factors involved in leadership. (Summative) Unit 4 LAC: Session plans, Observation/witness statement, video evidence, review of leadership style within a coaching session. (Summative)					Assessment Method: Unit 4 LAC: Session plans, Observation/witness statement, video evidence, review of leadership style within a coaching session. (Summative)									

YEAR: 12 – Diploma

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Unit 5: Application of Fitness Testing							Unit 5: Application of Fitness Testing							Unit 18: Work Experience in Active Leisure					Unit 18: Work Experience in Active Leisure					Unit 17: Sports injury management						Unit 17: Sports injury management																					
Learning Aim A: Understand the principles of fitness testing							Learning Aim B: Explore fitness tests for different components of fitness							Learning Aim A: Undertake in-depth preparation for an active leisure work experience placement					Learning Aim B: Undertake a job application process for an active leisure work experience placement					Learning Aim C: Carry out work experience tasks to meet set objectives from work experience action plan					Learning Aim D: Investigate the impact of an active leisure work experience placement on career development					Learning Aim A: Understand common sports injuries and their associated physiological and psychological responses						Learning Aim B: Explore common treatment and rehabilitation methods						Learning Aim C: Investigate risk factors which may contribute to sports injuries and their associated prevention strategies					
Key Concepts							Key Concepts							Key Concepts					Key Concepts					Key Concepts						Key Concepts																					
Key Themes							Key Themes							Key Themes					Key Themes					Key Themes						Key Themes																					
Assessment Method: BTEC Assignment LA/ A&B							Assessment Method: BTEC Assignment LA/ A&C							Assessment Method: BTEC Assignment LA/ A BTEC Assignment LA/ B					Assessment Method: BTEC Assignment LA/ C BTEC Assignment LA/ D					Assessment Method: BTEC Assignment LA/ A BTEC Assignment LA/ B						Assessment Method: BTEC Assignment LA/ C																					

YEAR: 13 – Extended Certificate

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Unit 1: Anatomy and Physiology							Unit 1: Anatomy and Physiology								Unit 3: Professional development in the sports industry					Unit 3: Professional development in the sports industry					Unit 3: Professional development in the sports industry													
Section A: The effects of exercise and sports performance on the skeletal system							Section D: The effects of exercise and sports performance on the cardiovascular system								Learning Aim A: Understand the career and job opportunities in the sports industry					Learning Aim B: Explore own skills using a skills audit to inform a career development action plan.					Learning Aim C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway.													
Section B: The effects of exercise and sports performance on the muscular system							Section E: The effects of exercise and sports performance on the energy system								Learning Aim B: Explore own skills using a skills audit to inform a career development action plan.					Learning Aim B: Explore own skills using a skills audit to inform a career development action plan.					Learning Aim C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway.													
Section C: The effects of exercise and sports performance on the respiratory system																				Learning Aim C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway.																		
Learning Aim D: Reflect on the recruitment and selection process and your individual performance																				Learning Aim D: Reflect on the recruitment and selection process and your individual performance																		
Key Concepts							Key Concepts								Key Concepts					Key Concepts					Key Concepts													
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Assessment Method: Unit 2: Formative and summative quizzes/tests							Assessment Method: Unit 2: Formative and summative quizzes/tests								Assessment Method: Unit 2: Summative assessment – BTEC Unit 2 exam					Assessment Method: Unit 3 LAB: Report on					Assessment Method: Unit 3 LAC and LAD: Personal Skills Audit and Career Development Action Plan													

		Unit 3 LAA: Presentation of different career pathways (Summative) Unit 3 LAB: Report on development pathways	development pathways Unit 3 LAC and LAD: Personal Skills Audit and Career Development Action Plan		
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Unit 22: Investigating Business in the Sport and Active Leisure Industry							Unit 22: Investigating Business in the Sport and Active Leisure Industry							Unit 23: Skill Acquisition in sport					Unit 23: Skill Acquisition in sport					Unit 23: Skill Acquisition in sport														
Learning Aim A: Features of sports and active leisure businesses (business operations)							Learning Aim D: Marketing							Learning Aim A: Investigate the nature of skilled performance					Learning Aim B: Examine ways that sport performers process information for skilled performance					Learning Aim C: Explore theories of teaching and learning in sport					Learning Aim C: Explore theories of teaching and learning in sport									
Learning Aim B: Business models in sport and active leisure							Learning Aim E: Finance in sport and active leisure industry							Learning Aim B: Examine ways that sport performers process information for skilled performance					Learning Aim B: Examine ways that sport performers process information for skilled performance					Learning Aim D: Carry out teaching and learning strategies for sports skills														
Learning Aim C: Human resources							Learning Aim F: Trends in the sport and active leisure industry												Learning Aim C: Explore theories of teaching and learning in sport																			
Key Concepts							Key Concepts							Key Concepts					Key Concepts					Key Concepts					Key Concepts									
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Assessment Method: Formative and summative quizzes/tests							Assessment Method: Formative and summative quizzes/tests and BTEC exam							Assessment Method: BTEC Assignment LA/A					Assessment Method: BTEC Assignment LA/B					Assessment Method: BTEC Assignment LA/C BTEC Assignment LA/D														