

Exam board: BTEC Level 3

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	Year 12	Year 13
Autumn term	<p>UNIT 1: Anatomy and physiology:</p> <ul style="list-style-type: none"> The cardiovascular system. The respiratory system. The neuromuscular system. The musculoskeletal system and analysis of movement in physical activities. Anatomy and Physiology - 1 Hour 30 minutes Written Exam 	<ul style="list-style-type: none"> UNIT 3: Professional Development in The Sports Industry Understand the career and job opportunities in the sports industry. Professional training routes, legislation, skills in the sports industry Sources of continuing professional development (CPD) Planning personal development towards a career in the sports industry Maintaining a personal portfolio/record of achievement and experience
Spring term	<ul style="list-style-type: none"> UNIT 2: Fitness Training and Programming for Health, Sport and Well Being. – Learners interpret lifestyle factors and health screening data to develop and justify a fitness training programme and nutritional advice for a client. Positive and negative effects of lifestyle on health and well-being. Lifestyle modification techniques Understanding the screening processes for a training programme Health Monitoring tests Understand programme related nutritional needs Examining different training methods for different components of fitness Understanding programming design 	<ul style="list-style-type: none"> UNIT 4: Sports Leadership Understand the roles, qualities and characteristics of an effective sports leader Examine the importance of psychological factors and their link with effective Leadership Explore an effective leadership style when leading a team during a sport and exercise activities Practical skills required for different leadership styles
Summer term	<ul style="list-style-type: none"> UNIT 2: Fitness Training and Programming for Health, Sport and Well Being. – Learners interpret lifestyle factors and health screening data to develop and justify a fitness training programme and nutritional advice for a client. (External Assessment) Positive and negative effects of lifestyle on health and well-being. Lifestyle modification techniques Understanding the screening processes for a training programme Health Monitoring tests 	<ul style="list-style-type: none">

CURRICULUM OVERVIEW: KS5 BTEC Level 3

	<ul style="list-style-type: none"> • Understand programme related nutritional needs • Examining different training methods for different components of fitness • Understanding programming design 	
Assessment	<ul style="list-style-type: none"> • Fitness Training and Programming for Health, Sport and Well Being. (External Assessment) • Anatomy and Physiology - 1 Hour 30 minutes Written Exam - 	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> • Equivalent in size to one A Level. • 3 units are mandatory • 2 units are external assessments • Mandatory content 83% • External Assessment - 67% • 	<ul style="list-style-type: none"> • Units 3 and 4 internally assessed. Subject to external standards verification.