

Year: 12

Subject: Pearson BTEC Level 3 Sport

| Autumn Term | | |
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| Overarching Topic: | | |
| What has come before and what comes later: | Students may have studied GCSE PE or Level 2 Btec in Sport. They will have covered a range of topic areas across sport including anatomy and physiology, fitness testing and training, provision for sport, skill acquisition, sport in the media etc. They may have also covered more practical elements such as leadership and coaching as well as performed in a range to competitive sport. Students will start the course looking at exam based units on anatomy and physiology. | |
| | Core | Extension |
| The Big Questions (What questions will students be able to answer upon mastery of the topic?) | <p>Unit 1:</p> <ul style="list-style-type: none"> What are the major bones that make up the skeletal system? What are the different types of bone and their functions in the skeletal system? What are the different deviations of the spine and their effect on the skeletal system? What is the process of bone growth? What are the different joints found in the skeletal system? What are the characteristics of a synovial joint? What are the immediate responses of the skeletal system to exercise? What are the adaptations of the skeletal system to prolonged exercise? What are the different types of muscle found in the muscular system? What are antagonistic muscle pairs? What are the three different types of muscular contractions? What three different fibre types are found in the muscular system? What are the immediate responses of the muscular | <p>Unit 1:</p> <ul style="list-style-type: none"> Analyse ossification and explain factors that effect this process. How does the structure of a synovial joint aid sports performance? How does movement available at different synovial joints aid sports performance? What additional factors affect the skeletal system? What are the characteristics and functions of different types of muscles? What are the roles of synergist and fixator muscles? Explain the different types of muscular contractions and analyse the movement of different athletes. Explain the characteristics of the three different fibre types in the muscular system. What are the long-term responses of the muscular system to exercise and what adaptations take place? What additional factors affect the muscular system? |

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| | <p>system to exercise?</p> <ul style="list-style-type: none"> • What are the adaptations of the muscular system to exercise? • What additional factors can affect the muscular system during exercise? <p>Unit 2:</p> <p>Unit 3:</p> <p>Unit 4 Sports Leadership:</p> <ul style="list-style-type: none"> • What are the different types of leadership in sport? • Describe the role of a manager. • What is the purpose of a captain in sport? • What is a skill? • What is a quality? • What is a characteristic? • Why is good communication important for a leader? • Why would a captain need to be fearless? • Why would a referee need to be confident? • Why would a coach need to be a good motivator? • Why would a teacher need to be patient? • Why would a manager need to be a good collaborator? • Why would an official need to be consistent? • How and why might a personal trainer need to adapt? | <ul style="list-style-type: none"> • How could a leader in sport help to develop an athlete to develop their full potential? • How can leadership styles be used to enthuse and motivate individuals and teams? • Explain how different leaders e.g. coach, teacher, would apply different skills, qualities and characteristics |
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| | <p>Unit 5: Application of Fitness Testing</p> <ul style="list-style-type: none"> • What is meant by the term validity? • What is meant by the term reliability? • What different methods can be used to ensure reliability pre-test? • What different methods can be used to ensure reliability during the test? • What is meant by the terms practicality and suitability in relation to fitness testing? • What are the ethical issues associated with fitness screening? • What are the different physical and skill related components of fitness? • What fitness tests can be used to measure different physical and skill related components of fitness. • What needs to be considered before planning fitness testing? • What are the main roles of the administrator? <p>Unit 22:</p> <ul style="list-style-type: none"> • What are the different active leisure businesses? • What different sizes can businesses come in? • What are the different aims and objectives of sports industries in the different sectors? • What different programmes and services are used to promote participation? • How are different customer groups targeted within the industries? • What different types of stake holders are there? • What business models are there? | <ul style="list-style-type: none"> • Explain validity in relation to fitness testing • Explain the importance of reliability in relation to fitness testing and the methods to be used • What ethical procedures that should be followed with participants before and during fitness testing? • Justify the use of fitness test for different sports performers in terms of suitability and practicality. <ul style="list-style-type: none"> • What are the main differences between private, public and voluntary sectors? • How can SMART targets be used? • How can the demographic and programming meet customer needs? • How can stake holders affect business plans, aims and objectives? • How can business models aid decision making? • What are the similarities and differences between the types of employment and the benefits and |
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| | <ul style="list-style-type: none"> • What are the different job roles and responsibilities within the sports industry? • How can person specifications determine the level of decision making? • What are the different types of employment? • What is meant by resource planning and maintenance? • What are the 7 P's of marketing? • How can you ensure good customer service? • Can you review financial statements and budgeting figures? • What different trends and opportunities are there in the sport and leisure industry? | <p>risks of each type?</p> <ul style="list-style-type: none"> • Why is resource planning important? • How do the 7 P's make marketing more effective? • Why is it important to keep accurate financial records? • What are the benefits and risks of developing products/services to take advantage of trends? |
| | <i>Skill/Technique</i> | <i>How students will develop and demonstrate this</i> |
| <i>Key skills</i> | • | • |
| <i>Spring Term</i> | | |

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| Overarching Topic: | | |
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| What has come before and what comes later: | <p>The students have experienced a range of content to develop knowledge and understanding of Anatomy and Physiology and Fitness Training and Programming for Health, Sport and Well-being. They have been able to apply knowledge and understanding to various tasks and questions in preparation for their external examinations.</p> <p>They have covered the Skeletal System and Muscular system. Students will move on to the Respiratory system and Cardiovascular System.</p> <p>Unit 2 has covered a plethora of content from health and well-being including lifestyle factors and their effect on health, nutritional guidance and analysis of health screening data. They are currently studying the Principles of Training and how they are used to design a six-week training programme to help an individual achieve their fitness training goals.</p> | |
| | Core | Extension |
| The Big Questions (What questions will students be able to answer upon mastery of the topic?) | <p>Unit 1</p> <ul style="list-style-type: none"> • What is the structure of the respiratory system? • What are the processes of inhalation, exhalation and gaseous exchange? • What is neural and chemical control of breathing? • Explain the different lung volumes from a spirometer. • What are the immediate responses of the respiratory system to exercise? • What additional factors affect the respiratory system during exercise? <p>Unit 2:</p> <ul style="list-style-type: none"> • What are the positive lifestyle factors that can effect health and well-being? • What are the negative lifestyle factors and their effect on health and well-being? • What different health screening processes are used to assess an individual's health? | <p>Unit 1</p> <ul style="list-style-type: none"> • What factors affect the efficiency of gaseous exchange in the lungs? • Explain the difference between neural and chemical control of breathing • What adaptations take place from prolonged exercise in the respiratory system? <ul style="list-style-type: none"> • What are the Government guidelines and modification techniques that a person can adopt to improve their current lifestyle? • How do we interpret health screening data? • Explain the energy balance. • What is the role of the different macronutrients in |

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| | <ul style="list-style-type: none"> • What tests are used to assess a person's health? • What is an individuals recommended daily allowance and energy measures? • What are the main components of a balanced diet? • What are the signs of dehydration? • What nutritional strategies can be adopted for individuals taking part in a training programme? <p>Unit 4: Sports Leadership</p> <ul style="list-style-type: none"> • What are internal psychological factors? • What are external psychological factors? • How could a leader improve a teams' cohesion? • What are the different personality types? • What is the inverted U theory of arousal and how can a leader use this theory to improve players performance? • How can a leader use past experiences to improve a player's performance? • What is the difference between accidental and intentional behaviour? • What is situational leadership? • What is transformational leadership? • What is transactional leadership? • What are the expectations of an effective leader? • What is an autocratic leader? • What is a democratic leader? • What is a laissez-faire leader? • Why are aims and objectives needed when planning | <p>a person's daily diet?</p> <ul style="list-style-type: none"> • What factors can effect dehydration? • What are the role of ergogenic aids? • What is the role of isotonic, hypotonic and hypertonic sports drinks? <ul style="list-style-type: none"> • What is the difference between internal and external psychological factors and how could they impact on leadership? • What are the expectations of a leader within a team and how does this impact the type of leadership role? • What could you have done more effective in terms of effective leadership during your session? • How did you use smarter targets when reviewing your performance to plan for future development? |
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| | <p>a session?</p> <ul style="list-style-type: none"> • What are SMARTER targets when planning a session? • Can you demonstrate a leadership style during a chosen sports activity/session? • What main factors need to be considered when planning the session? • How can an action plan be used for future improvement? <p>Unit 5:</p> <ul style="list-style-type: none"> • What is normative data? • What can performance be compared to? • What different methods of feedback can be used? • Why is feedback important? • What information can be gathered from fitness test results? <p>Unit 25:</p> <ul style="list-style-type: none"> • What is an international governing body? • What is a national governing body? • What is a rule? • What is a regulation? • Describe a situation where an official would have to enforce the rules of a selected sport. • What are the different types of media? • Provide an example of technology in your sport? • Name 3 different types of officials in sport. | <ul style="list-style-type: none"> • How can normative data be used to aid feedback? • How would you select the appropriate method of feedback for selected clients? • How can feedback have both a positive and negative influence on performance? <ul style="list-style-type: none"> • How has the media had a positive and negative influence on your sport? • How has technology had a positive and negative influence on your sport? • How has sponsorship impacted the pressure on elite officials? |
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| | <ul style="list-style-type: none"> Name 2 different types of officials in your sport. | |
| | Skill/Technique | How students will develop and demonstrate this |
| Key skills | <ul style="list-style-type: none"> Identifying Explaining Analysing Evaluating | <p>Develop through:</p> <ul style="list-style-type: none"> Understanding the role of the different body systems. Assessing lifestyle of different individuals identifying areas for improvement. <p>Demonstrate:</p> <ul style="list-style-type: none"> Practice examinations Regular assessment of unit content |
| Summer Term | | |

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| Overarching Topic: | | |
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| What has come before and what comes later: | | |
| | Core | Extension |
| The Big Questions (What questions will students be able to answer upon mastery of the topic?) | <p>Unit 25:</p> <ul style="list-style-type: none"> Name a current issue in sport officiating? What is a SWOT analysis? Identify a strength of an officials performance in your sport. Identify an area for improvement for an official in our sport. Explain a rule in your sport and how this would be officiated. Provide 2 examples of regulations in your sport. Explain the scoring system for your sport. What different methods of communication do the officials in your sport require? <p>What different forms of analysis can be used to review performance?</p> | <ul style="list-style-type: none"> What opportunities are available for elite level official in your sport to improve their performance? What are the issues in your sport at grassroots level which could reduce performance levels of the officials? What are the most effective methods of reviewing sports performance and why? |
| | Skill/Technique | How students will develop and demonstrate this |
| Key skills | | <ul style="list-style-type: none"> |