

Curriculum Overview: BTEC SPORT LEVEL 3

Term / Length of Unit	Outline	Assessment	Resources	Knowledge/Skills End Points	Assessment End Point	Reading and Literacy
Unit 3: Professional Development In the Sports Industry (Coursework)						
	<p style="text-align: center;">A</p> <p>Understand the career and job opportunities in the sports industry</p>	<p>A written report</p> <p>A.P1 Explain the different career pathways, the associated job opportunities and their requirements in the sports industry.</p> <p>A.P2 Explain the development pathway into a selected career in the sports Industry.</p> <p>A.M1 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>	<ul style="list-style-type: none"> • Assignment plan/criteria checklist • Lesson power points covering theory content • HELPSHEET • Guest speakers and interview opportunities • Work experience • Own business material as exemplars • Opportunities to visit suitable businesses. • www.careers-in-sport.co.uk • www.uksport.gov.uk/jobs • www.sportscareers.co.uk • www.jobsinsports.com • www.prospects.ac.uk • www.sportengland.org – economic value of sport and sport and the economy. 	<p>A.P1 Explain the different career pathways, the associated job opportunities and their requirements in the sports industry.</p> <p>A.P2 Explain the development pathway into a selected career in the sports Industry.</p> <p>A.M1 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>Subject Specific Words: Careers, requirements, development, pathways, specialism.</p> <p>Academic Vocabulary: Explain, Analyse, Justify</p>
	<p style="text-align: center;">B</p> <p>Explore own skills using a skills audit to inform a career development action plan</p>	<ul style="list-style-type: none"> • Career development action plan CDAP • Personal skills audit • SWOT <p>B.P3 Explain how selected sports industry career matches own personal skills audit outcomes.</p>	<ul style="list-style-type: none"> • Lesson power points covering theory content • HELPSHEET • Assignment plan/criteria checklist • CDAP • Skills audit • Portfolio of evidence (lesson plans, 	<p>B.P3 Explain how selected sports industry career matches own personal skills audit outcomes.</p> <p>B.P4 Develop a career development action plan, to meet the requirements of intended sports career using skills audit outcomes</p> <p>B.M2 Analyse own personal skills audit outcomes against a selected career in the sports industry.</p>		<p>Subject Specific Words: Action plan, Strengths, weaknesses, personal, development pathway</p>

		<p>B.P4 Develop a career development action plan, to meet the requirements of intended sports career using skills audit outcomes</p> <p>B.M2 Analyse own personal skills audit outcomes against a selected career in the sports industry.</p> <p>B.M3 Develop a career development action plan that has specific relevance to the requirements of intended sports career and skills audit outcomes.</p> <p>AB.D1 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>	<ul style="list-style-type: none"> • www.brunel.ac.uk – traffic lights skills audit • www.hull.ac.uk – skills audit • www.tress-tress.com – sample personal skills audit • www.exeter.ac.uk – personal and key skills audit. <p>www.mindtools.com</p>	<p>B.M3 Develop a career development action plan that has specific relevance to the requirements of intended sports career and skills audit outcomes.</p> <p>AB.D1 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>Academic Vocabulary: Justify, Develop, Outcomes, Align, Discuss</p>
	<p>C</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"> • Interview and be interviewed. • Conduct a practical assessment activity and complete the appropriate documentation. <p>C.P5 Prepare appropriate documentation for use in selection and recruitment activities.</p> <p>C.P6 Participate in the selection interviews and activities as an interviewee.</p> <p>C.M4 In interviews and activities, demonstrate analytical responses and questioning and activities to allow assessment of skills and knowledge</p>	<ul style="list-style-type: none"> • Assignment plan/criteria checklist • Lesson power points covering theory content • HELPSHEET • Observation checklist • Evaluation form • Application form • Observation/feedback forms • Witness statements • Letter of application • Job analysis/spec etc • Mirco-teaching lesson plan • Interview prep questions 	<p>C.P5 Prepare appropriate documentation for use in selection and recruitment activities.</p> <p>C.P6 Participate in the selection interviews and activities as an interviewee.</p> <p>C.M4 In interviews and activities, demonstrate analytical responses and questioning and activities to allow assessment of skills and knowledge</p>	<p>Subject Specific Words: Documentation, Recruitment, analysis, preparation</p> <p>Academic Vocabulary: Demonstrate, Evaluate, Participate, Analytical,</p>

	<p>D</p> <p>Reflect on the recruitment and selection process and your individual performance.</p>	<ul style="list-style-type: none"> • Updated SWOT Self-evaluation (strengths, weaknesses, opportunities, threats) analysis on performance of their interviewing assessment activity, linked to their personal development. • Updated CDAP • Written report <p>D.P7 Review own performance in role in the interviewing activities, supported by an updated SWOT analysis.</p> <p>D.M5 Analyse the results of the process and how your skills development will contribute to your future success.</p> <p>CD.D3 Evaluate how well the documents prepared, and own performance in the interview activities, supported the process for accessing the selected career pathway.</p>	<ul style="list-style-type: none"> • Assignment plan/criteria checklist • Lesson power points covering theory content • HELPSHEET • Evaluation form • SWOT Report plan 	<p>D.P7 Review own performance in role in the interviewing activities, supported by an updated SWOT analysis.</p> <p>D.M5 Analyse the results of the process and how your skills development will contribute to your future success.</p> <p>CD.D3 Evaluate how well the documents prepared, and own performance in the interview activities, supported the process for accessing the selected career pathway.</p>	<p>Subject Specific Words: Interviewing, Strengths, Weaknesses, Opportunities, Threats</p> <p>Academic Vocabulary: Review, Evaluate, Analyse, Reflect</p>
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Unit 2: Fitness Training and Programming for Health, Sport and Well-being (Exam)

Year 12	<p>Introduction to Unit 2 Overview of the exam unit (how it works) Question1: Lifestyle Factors and screening information Question 2: Lifestyle Modification factors</p>	<p>Question 1 and 2 regular testing Consistent assessment through HL and in lesson practice</p>	<p>Worksheets Workbook Text Book Past Paper Assessments</p>	<p>A1- Positive lifestyle factors and their effects on health and well-being A2- Negative lifestyle factors and their effects on health and well being A3- Lifestyle modification techniques B1- Be able to interpret the lifestyle of a selected individual using appropriate screening information and know when to refer to a doctor.</p>	<p>Subject Specific Words: Benefits, Hypertension, Metabolic, Acute, chronic, Adrenaline, Screening</p> <p>Academic Vocabulary: Interpret, Justify, Discuss, Identify, Evaluate, Summarise</p>
	<p>Understand common terminology of nutritional needs (Question 3) Components of a balanced diet Nutritional strategies for training programmes (range of athletes/scenarios)</p>	<p>Question 3 regular testing Consistent assessment through HL and in lesson practice</p>	<p>Worksheets Workbook Text Book Past Paper Assessments</p>	<p>C1- Recommended daily allowance, energy measures. Energy balance: basal metabolism, age, gender, climate, physical activity, calories used in different activities (intensity and length of time) C2- Understand the requirements of a balanced diet C3- Understand different strategies used on an individual basis by adapting diet to gain or lose weight. Understand use of ergogenic aids in training programmes. Understand use of energy drinks for different types of training requirements</p>	<p>Subject Specific Words: Metabolism, Calories, Gender, Strategies, Training, Ergogenic</p> <p>Academic Vocabulary: Interpret, Justify, Discuss, Identify, Evaluate, Summarise</p>

	<p>Components of fitness to be trained</p> <p>Skill-related fitness</p> <p>Training methods for physical fitness related components</p> <p>Training methods for skill-related fitness components</p>	<p>Question 4-6 overview</p> <p>Focus on Question 4</p> <p>Consistent assessment through HL and in lesson practice</p> <p>Mock Exam Q1-4</p>	<p>Worksheets</p> <p>Workbook</p> <p>Text Book</p> <p>Past Paper Assessments</p>	<p>D1 –To understand the components of physical and skill related fitness and the application to sport.</p> <p>D2 + D3 – To identify the appropriate training methods that might be included in the design of a training programme.</p>	<p><u>Subject Specific Words:</u></p> <p>Agility, balance, Co-ordination, flexibility, reaction time, speed, muscular endurance, cardiovascular endurance</p> <p><u>Academic Vocabulary:</u></p> <p>Interpret, Justify, Discuss, Identify, Evaluate, Summarise</p>
	<p>Principles of fitness training programme design.</p>	<p>Question 5/6 priority</p> <p>Applying context and knowledge into exam answers</p> <p>Consistent HL assessment and lesson practice</p>	<p>Worksheets</p> <p>Workbook</p> <p>Text Book</p> <p>Past Paper Assessments</p>	<p>E1 – To understand the principle of fitness training and programme design to ensure an athlete’s success.</p>	<p><u>Subject Specific Words:</u></p> <p>Frequency, Intensity, Time, Type, Specificity, Progressive Overload</p> <p><u>Academic Vocabulary:</u></p> <p>Interpret, Justify, Discuss, Identify, Evaluate, Summarise</p>

	Recap revision and content from all 6 questions leading to seen exam	Recap past scenarios. Use workbook to structure revision	Worksheets Workbook Text Book Past Paper Assessments	Overview of all learning aims	<p>Subject Specific Words: All of previous.</p> <p>Academic Vocabulary: Interpret, Justify, Discuss, Identify, Evaluate, Summarise</p>
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Unit 5: Application of Fitness Testing (Coursework)

	A		PowerPoints YouTube Practical examples Text Book	<p>A.P1- Explain the importance of validity, reliability, practicality, and suitability in relation to fitness testing.</p> <p>A.P2- Explain how ethical requirements should be met when planning and conducting fitness tests, giving examples.</p> <p>A.M1- Recommend methods that can be used to ensure fitness testing is conducted in a valid, reliable, practical suitable and ethical way.</p>	<p>Subject Specific Words: Validity, Practicality, Suitability, Ethical Considerations</p> <p>Academic Vocabulary: Recommend, Explain, Identify, Suggest</p>
	B		PowerPoints YouTube Practical Examples Normative Data tables Text Book	<p>B.P3- Select six valid fitness tests for selected sports performers.</p> <p>B.P4- Safely administer and accurately record the results of six fitness tests for a sports performer.</p> <p>B.P5- Interpret fitness test results against normative data</p> <p>B.M2- Assess practicality and suitability of each selected fitness test for selected sports performers.</p>	<p>Subject Specific Words: Analysis, normative, Administration, interpretation,</p>

				<p>B.M3- Administer 6 fitness tests demonstrating skills to ensure the test results are accurate and reliable.</p> <p>B.M4- Suggest areas for improvement in the administration process of fitness tests based upon results.</p>	<p>delivery, administer.</p> <p>Academic Vocabulary: Suggest, Administer, Select, Assess</p>
	C		<p>PowerPoints YouTube Practical Examples Text Book</p>	<p>C.P6- Create a fitness profile for a selected sports performer following fitness testing, providing feedback to the performer on their fitness test results and how they can impact on performance.</p> <p>C.M5- Assess the strengths and areas for improvement from fitness test results providing feedback for a selected sports performer.</p>	<p>Subject Specific Words: Fitness, Testing, Results, Feedback, Impact, Performance</p> <p>Academic Vocabulary: Assess, Describe, Evaluate, Justify, Suggest</p>

Unit 1: Anatomy and Physiology (Exam)

<p>Topic A</p> <p>The effects of exercise and sports performance on the skeletal system</p>	<ul style="list-style-type: none"> • Exam style questions/tasks • Grouped Research tasks • End of topic tests 	<ul style="list-style-type: none"> • Unit toolkit • Revise in 5 tasks • Lesson power points covering theory content • Lesson by lesson worksheets/resource packs • Personal Learning Checklist (PLC) 	<p><u>A1 Structure of skeletal system</u> Understand how the bones of the skeleton are used in sporting techniques and actions.</p> <p><u>A2 Function of skeletal system</u> Understand how the functions of the skeleton and bone types are used in sporting actions and exercise.</p> <p><u>A3 Joints</u> Understand how joints of the upper and lower skeleton are used in sporting techniques and actions.</p>	<p>Subject Specific Words:</p> <p>Bones of the skeleton, Hinge, Condyloid, Ball and Socket, Cartilage, Impact, performance</p>
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				<p><u>A4 Responses of the skeletal system to a single sport or exercise session.</u> Simulated increase of mineral uptake in bones due to weight-bearing exercise</p> <p><u>A5 Adaptations of the skeletal system to exercise.</u> The impact of long-term effects of exercise on sports performance</p> <p><u>A6 Additional factors affecting the skeletal system.</u> Understand the impact of the skeletal system on exercise and sports performance and the impact of exercise and sports performance on the skeletal system.</p>	<p>Academic Vocabulary: Understand, Adaptations, Develop, discuss, identify, suggest, assess</p>
	<p>Topic B The effects of exercise and sports performance on the muscular system</p>	<ul style="list-style-type: none"> • Exam style questions/tasks • Grouped Research tasks • End of topic tests 	<ul style="list-style-type: none"> • Unit toolkit • Revise in 5 tasks • Lesson power points covering theory content • Lesson by lesson worksheets/resource packs • Personal Learning Checklist (PLC) 	<p><u>B1 Characteristics and functions of different types of muscles</u> Understand different types of muscles and their use in sport.</p> <p><u>B2 Major skeletal muscles of the muscular system</u> Major skeletal muscles and their combined use in a range of sporting actions.</p> <p><u>B3 Antagonistic muscle pairs</u> Movement of muscles in antagonistic pairs and their use in a variety of sporting actions.</p> <p><u>B4 Types of skeletal muscle contraction</u> Understand skeletal muscle contraction in different sporting actions.</p> <p><u>B5 Fibre types</u> Understand fibre type recruitment during exercise and sports performance.</p> <p><u>B6 Responses of the muscular system to a single sport or exercise session</u></p> <p><u>B7 Adaptations of the muscular system to exercise.</u> The impact of adaptation of the system on exercise and sports performance.</p>	<p>Subject Specific Words: Muscles of the body, antagonistic, contractions, adaptations,</p> <p>Academic Vocabulary: Understand, Adaptations, Develop, discuss, identify, suggest, assess</p>

				<p><u>B8 Additional factors affecting the muscular system</u> Understand additional factors affecting the muscular system and their impact on exercise and sports performance.</p>	
	<p>The effects of exercise and sports performance on the respiratory system</p>	<ul style="list-style-type: none"> • Exam style questions/tasks • Grouped Research tasks • End of topic tests • Practical activities <p>Option of Written examination set and marked by Pearson.</p> <ul style="list-style-type: none"> • 1.5 hours. • 80 marks 	<ul style="list-style-type: none"> • Unit toolkit • Revise in 5 tasks • Lesson power points covering theory content • Lesson by lesson worksheets/resource packs • Personal Learning Checklist (PLC) 	<p><u>C1 Structure of the respiratory system</u></p> <p><u>C2 Function</u> Understand the function of the respiratory system in response to exercise and sports performance</p> <p><u>C3 Lung volumes</u> Understand the lung volumes and the changes that occur in response to exercise and sports performance.</p> <p><u>C4 Control of breathing</u> Understand how breathing rate is controlled in response to exercise and sports performance.</p> <p><u>C5 Responses of the respiratory system to a single sport or exercise session</u></p> <p><u>C6 Adaptations of the respiratory system to exercise</u></p> <p><u>C7 Additional factors affecting the respiratory system</u> Understand additional factors affecting the respiratory system and their impact on exercise and sports performance.</p>	<p>Subject Specific Words:</p> <p>Responses, lungs, stroke volume, trachea, respiratory</p> <p>Academic Vocabulary: Understand, Adaptations, Develop, discuss, identify, suggest, assess</p>

	<p>Topic D</p> <p>The effects of sport and exercise performance on the cardiovascular system</p> <p>Topic E</p> <p>The effects of exercise and sports performance on the energy systems</p>	<ul style="list-style-type: none"> • Exam style questions/tasks • Grouped Research tasks • End of topic tests • Practical activities • Videoed role plays 	<ul style="list-style-type: none"> • Unit toolkit • Revise in 5 tasks • Lesson power points covering theory content • Lesson by lesson worksheets/resource packs • Personal Learning Checklist (PLC) • Role Play cards 	<p><u>D1 Structure of the cardiovascular system</u></p> <p><u>D2 Function of the cardiovascular system</u> Understand the function of the cardiovascular system in response to exercise and sports performance.</p> <p><u>D3 Nervous control of the cardiac cycle</u> Understand the control of the cardiac cycle and how it changes during exercise and sports performance. • Conduction process</p> <p><u>D4 Responses of the cardiovascular system to a single sport or exercise session</u></p> <p><u>D5 Adaptations of the cardiovascular system to exercise</u> The impact of adaptation of the system on exercise and sports performance</p> <p><u>D6 Additional factors affecting the cardiovascular system</u> Understand additional factors affecting the cardiovascular system and their impact on exercise and sports performance.</p> <p><u>E1 The role of ATP in exercise</u> Understand the role of adenosine triphosphate (ATP) for muscle contraction for exercise and sports performance.</p> <p><u>E2 The ATP-PC (alactic) system in exercise and sports performance</u> Understand the role of the ATP-PC system in energy production for exercise and sports performance.</p> <p><u>E3 The lactate system in exercise and sports performance</u></p> <p><u>E4 The aerobic system in exercise and sports performance</u></p>	<p>Subject Specific Words: Conduction, Veins, Arteries, Capillaries, ATP, Lactate, Aerobic, anaerobic, Adaptations</p> <p>Academic Vocabulary: Understand, Adaptations, Develop, discuss, identify, suggest, assess</p>
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				<p>Understand the role of the aerobic energy system in energy production for exercise and sports performance.</p> <p><u>E5 Adaptations of the energy system to exercise</u> The impact of adaptation of the systems on exercise and sports performance.</p>	
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