



BTEC Sport

Curriculum Overarching Intent:

BTEC Sport Level 2:

To provide an engaging and relevant introduction to the world of sport, to enable pupils to develop and apply knowledge of a range of disciplines, while also developing a range of relevant practical, communication and technical skills.

Pupils explore a wide range of disciplines in the sport industry whilst studying this course by focusing on fitness testing and training for sport and exercise, practical sports performance and sports leadership. This allows pupils to acquire the knowledge and skills that would be used to access higher education or pursue a career in the world of sport, such as working with a client to design a bespoke training programme, analysing sports performance of an individual in their specific sport and leading a sports activity or exercise session to a sporting group.

BTEC Sport Level 3:

To allow pupils to explore a broad range of disciplines in the sports industry through applied learning to directly prepare pupils for higher education courses in a range of sporting disciplines and job roles related to a particular sector.

Pupils explore a wide range of disciplines in the sport industry in an applied context. This provides pupils with specialist knowledge and skills, enabling progression to access higher education or pursue a career in the world of sport, such as working with a client to design a bespoke training programme or plan lifestyle modifications, analysing sports performance of an individual in their specific sport and exploring the fundamentals of skill acquisition, leading a sports activity or exercise session to a sporting group, exploring the psychology behind sports performance and examining the anatomy and physiology of sport and exercise. This is as well as directly exploring business and the sporting world of work by exploring careers pupils aim to pursue post-sixth form.

Prior Learning :

BTEC Sport Level 2:

Unit 1 and 3 - Cross over of knowledge and understanding within KS3 HRF Schemes of Learning and elements of high quality core PE.

Unit 2 - Knowledge/understanding and skills built within practical KS3 PE

Unit 4 - Leading small groups in warm ups/small skill sessions within KS3 PE

BTEC Sport Level 3:

Study of BTEC Sport Level 2 is recommended however not essential. An in depth bridging unit will cover missed cross over content between BTEC Sport Level 2 and Level 3 if BTEC Sport level 2 has not been studied.

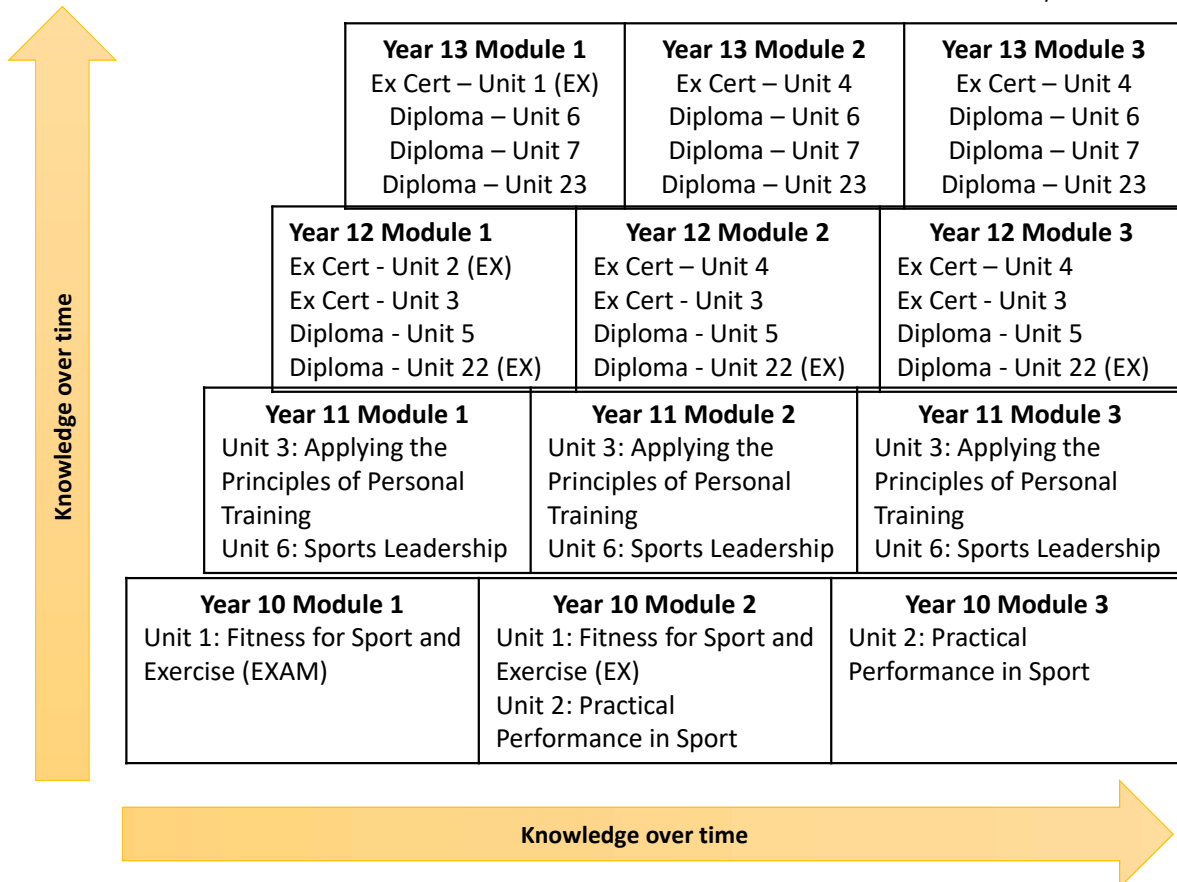
	Vision	Key Concepts and Key Skills
Year 10	To provide an engaging and relevant introduction to the world of sport, to enable pupils to develop and apply knowledge of a range of disciplines.	Know about the components of fitness and the principles of training Explore different fitness training methods Investigate fitness testing to determine fitness levels
Year 11	To provide an engaging and relevant introduction to the world of sport, to enable pupils to develop and apply knowledge of a range of disciplines, while also developing a range of relevant practical, communication and technical skills.	Design a personal fitness training programme Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training Implement a self-designed personal fitness training programme to achieve own goals and objectives Review a personal fitness training programme
Year 12	To allow pupils to explore a broad range of disciplines in the sports industry through applied learning to directly prepare pupils for higher education courses in a range of job roles related to a particular sector.	Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being Learners investigate how business operates in the sport and active leisure industry and how it responds to trends and other influences to meet the needs of clients and to benefit the business.
Year 13	To allow pupils to explore a broad range of disciplines in the sports industry through applied learning to directly prepare pupils for higher education courses in a range of sporting disciplines.	Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems. Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports.



BTEC Sport

Our Curriculum Progression Model is:

Readiness for their next step...



Key texts and websites that you can access to support their knowledge development in this subject include:

	Year 12	Year 13
Exam board website: BTEC Nationals Sport (2016) Pearson qualifications		
Websites	American College of Sports Medicine www.acsm.org British Association of Sport and Exercise Sciences www.bases.org.uk Coachwise www.1st4sport.com Human Kinetics www.humankinetics.com Sport Science www.sportsci.org Sports Coach UK www.sportscoachuk.org Top End Sports www.topendsports.com	
Key texts and books	BTEC Nationals Student Book Student Knowledge Organiser American College of Sports Medicine – <i>ACSM's Guidelines for Exercise Testing and Prescription, 7th edition</i> (Lippincott Williams and Wilkins, 2005) American College of Sports Medicine – <i>ACSM's Health-Related Physical Fitness Assessment Manual</i> (Lippincott Williams and Wilkins, 2007) Coulson M – <i>The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness – Fitness Professionals</i> (Black, 07)	
	Year 10	Year 11
Exam board website: BTEC Firsts Sport (2018) Pearson qualifications		
Websites	www.brianmac.co.uk/trainprog www.livestrong.com/fitness www.sport-fitness-advisor.com www.thinqfitness.com/video.asp	
Key texts and books	BTEC Award Sport Student Book Revise BTEC Award Sport Revision Guide CGP. Student Knowledge Organiser Adams, M., Armstrong, R., Gledhill, A., Hancock, J., Harris, B., Phillippo, P. and Sergison, A., BTEC First in Sport Student Book, Pearson Education, Ackland, J., <i>The Complete Guide to Endurance Training</i> , A & C Black, 2007 Bean, A., <i>The Complete Guide to Strength Training</i> , A & C Black, 2008 Hope, R. and Lawrence, D., <i>The Complete Guide to Circuit Training</i> , A & C Black, 2011 Lawrence, M., <i>The Complete Guide to Core Stability</i> , A & C Black, 2011 Norris, C. M., <i>The Complete Guide to Stretching</i> , A & C Black, 2007 Shepherd, J., <i>The Complete Guide to Sports Training</i> , A & C Black, 2006	