

Curriculum Overview

Subject: BTEC Sport Level 3
Year Group: 12

The qualification provides the knowledge, understanding and skills that allow learners to gain experience of the sport sector that will prepare them for further study or training. In the BTEC National units there are opportunities during the teaching and learning phase to give learners practice in developing employability skills.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <p>Unit 1: Anatomy & Physiology (Exam)</p> <ul style="list-style-type: none"> You will explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance. You will gain a full appreciation of how the body is able to take part in sport and exercise through understanding the interrelationships between these body systems. This unit will give you the knowledge required to progress to coaching and instruction in the sports industry or further study. <p>Unit 5: Fitness Testing (Coursework & practical element)</p> <ul style="list-style-type: none"> In this unit, you will explore the principles of fitness testing and examine the factors affecting the selection and administration of tests, including validity, reliability and suitability of tests. You will explore a range of laboratory and field-based fitness tests and the administration process of each fitness test. You will consider the selection of appropriate tests for specific sports performers, and demonstrate your ability to conduct a range of fitness tests in 	<p>KNOWLEDGE/SKILLS</p> <p>Unit 23: Skill Acquisition (Coursework & practical element)</p> <ul style="list-style-type: none"> You will examine how sports performers are able to take information and process this information so that they can produce a response in the form of a skilled movement (for example, performing a lay up in basketball in a game situation). You will explore the key theories of how individuals learn skills and how new skills can be presented, using different strategies. This unit provides a foundation of knowledge and skills that will help learners appreciate different types of skills, and how teaching and learning strategies can be used to develop skills in sports performers. 	<p>KNOWLEDGE/SKILLS</p> <p>Unit 25: Rules, regulations and officiating in Sport (Coursework & practical element)</p> <ul style="list-style-type: none"> In this unit, you will gain an understanding of the rules and regulations in a selected sport and explore historical developments that have led to the change of rules and regulations. You will explore the changing roles of match/game officials in a selected sport, which will include the career opportunities at both amateur and elite levels. You will undertake the role of an officiator for a sport and apply the relevant sport's National Governing Body (NGB) regulations. You will then assess your own performance using a variety of assessment methods. By developing your understanding of the rules, regulations and requirements of officiating, this unit will help you to progress to employment as a coach, PE teacher or an administrator for an NGB. <p>Unit 1: Anatomy & Physiology (Exam resit if necessary) As seen in term 1.</p>

<p>accordance with the safety and ethical requirements of fitness testing.</p> <ul style="list-style-type: none"> Finally, you will evaluate and compare fitness test results to make conclusions about a specific person's fitness. These activities will prepare you for a variety of careers in the sport sector, such as coaching, fitness instruction and working with elite sport performers. 		
<p>KEY ASSESSMENTS</p> <p>Half term 1: PPE to prepare students for real exam in January. Assignment 1 coursework assessment for Unit 5.</p> <p>Half term 2: Assignment 2 coursework assessment for Unit 5.</p> <p>Unit 1 is externally marked. It is set and marked by Pearson. The examination is one hour and 30 minutes in length and marked out of 80. The paper will contain a number of short- and long-answer questions.</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: Assignment 1 coursework assessment for Unit 23.</p> <p>Half term 2: Assignment 2 coursework assessment for Unit 23. Assignment 3 coursework assessment for Unit 23.</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: Assignment 1 coursework assessment for Unit 25. Assignment 2 coursework assessment for Unit 25.</p> <p>Half term 2: Assignment 3 coursework assessment for Unit 25. Opportunity to resit Unit 1 if required.</p>
<p>Extended reading suggestions and external resources:</p> <ul style="list-style-type: none"> Pearson BTEC National Sport Student Book 1. London: Pearson. Pearson BTEC National Sport Student Book 2. London: Pearson. 		