

Year	Autumn	Spring	Summer	
Year 12	<b>UNIT 2 FITNESS TRAINING AND PROGRAMMING 31525H EXTERNAL EXAM</b>  <b>UNIT 5 APPLICATION OF FITNESS TESTING 31528H INTERNAL COURSEWORK</b>			
	<i>Concepts/Tier 3 vocabulary</i>  <i>Fitness Training and Programming Unit 2</i>  <i>Application of Fitness Testing Unit 5</i>		<i>Concepts/Tier 3 vocabulary</i>  <i>Fitness Training and Programming Unit 2</i>  <i>Application of Fitness Testing Unit 5</i>	
	<p><b>Justification:</b></p> <p>Students will explore the principles of fitness testing and examine the factors affecting the selection and administration of fitness tests, including validity, reliability and suitability of tests. Students will explore a range of laboratory and field-based fitness tests and the administration process of each fitness test. Students will consider the selection of appropriate tests for specific sports performers, and demonstrate their ability to conduct a range of fitness tests in accordance with the safety and ethical requirements of fitness testing.</p>	<p><b>Justification:</b></p> <p>Students will explore the process required for screening clients and assessing their lifestyle and nutritional intake. How to interpret this information will then be examined. From this information Students will explore how to make judgements on a specific individual's current lifestyle and then suggest modifications to help improve the individual's fitness, health and overall well-being. Fitness training methods will be examined for each component of physical and skill-related fitness. The selection of appropriate training methods for a selected individual and their application into a training programme will then be explored.</p>	<p><b>Justification:</b></p> <p>Students will investigate the process of evaluating and comparing fitness test results to draw meaningful conclusions about a specific person's fitness. These activities will prepare students for a variety of careers in the sport sector, such as coaching, fitness instruction and working with elite sport performers. This unit will form a good basis for aspects of higher education study in sport and sport and exercise science-related qualifications</p>	<p><b>Justification</b></p> <p>To complete the assessment task within this unit, students will need to draw on their learning from across the programme. Carrying out client screening and designing fitness training programmes is an essential skill for many people working in the sports industry, including sports coaches looking to improve an individual or team's sporting performance. Any person working in these careers would need to be able to carry out client screening and the design of training programmes in time-constrained conditions, utilising knowledge gained from previous experiences and application of content from across these units.</p>
	<p><b>Assessment:</b></p> <p>Students will complete mock examination papers in the Autumn Term (December) for Unit 2. Students will sit the BTEC examination Unit 2 in the Spring Term (January) and Summer Term (May/June) if required. Students will complete practice assignments in the Autumn &amp; Spring Term for Unit 5. Final assignments will be completed by May, ready for external standards verification</p>			
<p><b>Cultural Capital:</b> Throughout the course wider reading /experience is provided and signposted including: articles, books, websites, documentaries, trip locations.</p>				

	Autumn	Spring	Summer	
Year 13	<p><b>UNIT 1 ANATOMY AND PHYSIOLOGY 31524H EXTERNAL EXAM</b></p> <p><b>UNIT 3 PROFESSIONAL DEVELOPMENT IN THE SPORTS INDUSTRY 31526H INTERNAL COURSEWORK</b></p>			
	<p><i>Concepts/Tier 3 vocabulary</i></p> <p><i>Anatomy and Physiology Unit 1</i></p> <p><i>Professional Development in the Sports Industry Unit 3</i></p>		<p><i>Concepts/Tier 3 vocabulary</i></p> <p><i>Anatomy and Physiology Unit 1</i></p> <p><i>Professional Development in the Sports Industry Unit 3</i></p>	
	<p><b>Justification:</b></p> <p>In order to appreciate how each of the body systems function, students will explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance. The anatomy and physiology of each body system and their processes are very different but work together to produce movement.</p>	<p><b>Justification:</b></p> <p>Students will research the different possible careers and the associated job roles in the sports industry, then action plan their development towards achieving a selected career aim. Students will analyse their own skills and identify how to develop them into a career through the use of a career plan. Students will research their chosen career to understand how to access and progress within it.</p>	<p><b>Justification:</b></p> <p>Students 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 students the detailed core knowledge required to progress to coaching and instruction in the sports industry or further study.</p>	<p><b>Justification:</b></p> <p>Students will take part in application and interview assessment activities for a selected career pathway, drawing on knowledge and skills from across the qualification to identify their own strengths and gaps in knowledge and skills. Students will evaluate their own performance to gain an understanding of the generic employability and specific-technical knowledge and skills required to access and progress in a selected career pathway in the sports industry. This unit will prepare students for progression to a career in the sports industry either directly or through higher education, by developing their understanding of investigation, career planning and awareness of the skills and qualities that sports employers look for in a potential employee.</p>
	<p><b>Assessment:</b></p> <p>Students will complete mock examination papers in the Autumn Term (December) for Unit 1. Students will sit the BTEC examination Unit 1 in the Spring Term (January) and Summer Term (May/June) if required.</p> <p>Students will complete practice assignments in the Autumn &amp; Spring Term for Unit 3. Final assignments will be completed by May, ready for external standards verification</p>			