

<p>Year: 12/13</p> <p>Subject: BTEC Extended Certificate/ National Diploma</p>	<p>Curriculum Intent: The content of this qualification has been developed in consultation with academics to ensure that it supports progression to higher education. Employers and professional bodies have also been involved and consulted to confirm that the content is appropriate and consistent with current practice for learners who may choose to enter employment directly in the sport sector.</p> <p>The mandatory content allows students to concentrate on the development of their practical skills and the broad knowledge required for entrance into higher education programmes in sport.</p> <p>Learners will study six mandatory units over 2 years, as well as 3 centre prescribed additional units:</p> <p>Year 1</p> <ul style="list-style-type: none"> • Unit 1: Anatomy and Physiology • Unit 2: Fitness Training and Programming for Health, Sport and Well-being • Unit 7: Practical Sport • Unit 8: Coaching for Performance <p>Year 2</p> <ul style="list-style-type: none"> • Unit 3: Professional Development in the Sports Industry • Unit 4: Sports Leadership • Unit 6: Sports Psychology • Unit 22: Investigating Business in the Sport and Active Leisure Industry • Unit 23: Skill Acquisition in Sport. <p>Units have been designed to support progression to a variety of sport courses in higher education, and to link with relevant occupational areas. This allows learners to choose either; a specific specialist area in which they wish to develop their skill or continue a broad programme of study.</p> <p>Core Mandatory externally assessed units (Units 1 and 2) taken in year 1, to enable a retake opportunity in year 2.</p>	
--	--	---

<p>Unit 2 Fitness Training and Programming for Health, Sport and Wellbeing.</p>	<p>Term 1 <i>Learning Aim A/Learning Aim B</i></p>		<p>Term 2 <i>Learning Aim C/Learning Aim D</i></p>		<p>Term 3 <i>Learning Aim E</i></p>
<p>Topic Titles (in order of delivery)</p>	<p><i>A: Examine lifestyle factors and their effect on health and well-being</i></p>	<p><i>B: Understand the screening processes for training programming</i></p>	<p><i>C: Understand programme-related nutritional needs</i></p>	<p><i>D: Examine training methods for different components of fitness</i></p>	<p><i>E: Principles of fitness training programme design</i></p>
<p>Key knowledge / Retrieval topics</p>	<ul style="list-style-type: none"> • Understand the importance of lifestyle factors in the maintenance 	<ul style="list-style-type: none"> • Be able to interpret the lifestyle of a selected individual using appropriate 	<ul style="list-style-type: none"> • Understand common nutritional terminology. • Understand the requirements of a balanced diet. 	<ul style="list-style-type: none"> • Understand how the different components of fitness can be trained. • Understand the different 	<ul style="list-style-type: none"> • Be able to design a fitness training programme including all the major components

	<p>of health and well-being.</p> <ul style="list-style-type: none"> • Understand the factors contributing to an unhealthy lifestyle. • Understanding how lifestyle modification techniques can be used to reduce unhealthy lifestyle behaviours. 	<p>screening documentation and know when to refer the individual to a doctor.</p> <ul style="list-style-type: none"> • Be able to interpret health and monitoring data against health norms and make judgements. • Be able to interpret health monitoring data against health norms and make judgements. 	<ul style="list-style-type: none"> • Understand different strategies used on an individual basis. 	<p>methods of training and be able to apply them to training programme design.</p>	
<p>Understanding / Sequence of delivery</p>	<p>A1 Positive lifestyle factors A2 Negative lifestyle Factors A3 Lifestyle modification techniques</p>	<p>B1 Screening processes B2 Health monitoring tests B3 Interpreting the results of health monitoring tests</p>	<p>C1 Common terminology C2 Components of a balanced diet C3 Nutritional strategies for individuals taking part in training programmes</p>	<p>D1 Components of fitness to be trained D2 Training methods for physical fitness-related components D3 Training methods for skill-related fitness components</p>	<p>E1 Principles of fitness training programme design</p>
<p>Assessment</p>	<p>Proof of Progress (POP) Test – October Reduced question, exam format assessment sat in class. <i>Learning Aim A/B</i></p>		<p>Pre-Public Examination (PPE) Exam – January Reduced Question, exam format assessment sat in Exam Hall. <i>Learning Aim A/B/C</i></p>		<p>Unit 2 Exam – May Full exam protocol. 4 Hours Exam condition research time. 4 sides of A4 produced. Open book exam 2.5 hours <i>Learning Aim A/B/C/D/E</i></p>