


<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 3</p>	<p>Term 1 <i>Learning Aim A</i></p>	<p>Term 2 <i>Learning Aim B</i></p>	<p>Term 3 <i>Learning Aim C</i></p>	
<p>Topic Titles (in order of delivery)</p>	<p><i>A: Understand how personality, motivation and competitive pressure can affect sport performance</i></p>	<p><i>B: Examine the impact of group dynamics in team sports and its effect on performance</i></p>	<p><i>Explore psychological skills training programmes designed to improve performance</i></p>	
<p>Key knowledge / Retrieval topics</p>	<ul style="list-style-type: none"> • Learning the theories associated with personality, motivation, arousal, stress, anxiety, and self-confidence. • Defining key terms such as personality, motivation, arousal, stress, anxiety, and self-confidence. • Explaining how personality, motivation, arousal, stress, anxiety 	<ul style="list-style-type: none"> • Learning the theories associated with group processes, cohesion, leadership. • Understanding the impact of group processes, cohesion and leadership on a team and performance. • Measurement of the impact of processes, cohesion and team performance using sociograms. 	<ul style="list-style-type: none"> • Learning psychological skills that can influence motivation, arousal and imagery. • Design a psychological skills training programme. 	

	and self-confidence has an impact on performance.		
Understanding / Sequence of delivery	A1 Personality Factors A2 Motivational Factors A3 Arousal A4 Stress and Anxiety A5 Self Confidence	B1 Group Processes B2 Cohesion in effective group performance B3 Leadership in creating effective groups B4 Impact of processes, cohesion, and leadership B5 Measurement of the impact	C1 Psychological Skills C2 Designing and psychological skills training programme
Assessment	A.P1 Describe how personality and motivational factors may impact on sports performance. A.P2 Describe how differing levels of arousal, anxiety and self-confidence can affect sports performance.	B.P3 Describe how group cohesion and leadership contribute to the development of a successful sports team. B.P4 Produce sociograms showing relationships between members of a sports group	C.P5 Describe different psychological skills that could be used to improve performance. C.P6 Design a psychological skills training programme to improve performance.
	A.M1 Explain how personality and motivational factors may impact on sports performance A.M2 Explain how control of arousal, anxiety and stress and self-confidence can impact on sports performance.	B.M3 Explain sociogram results and how they can be used to improve group cohesion and leadership potential in sport.	C.M4 Explain the design of your psychological skills training programme, making comparisons between your design and others
	A.D1 Analyse the relationship between motivational factors, anxiety and stress and self-confidence and their impact on sports performance.	B.D2 Analyse how group cohesion and leadership can contribute to the success of a sports team.	C.D3 Evaluate the design of your psychological skills training programme, suggesting, and justifying alternative techniques that could be used to improve performance.