



BTEC Sport Studies: Curriculum Overview

Year 12

Term	Topic studied	What will I learn?	How will I be assessed?	Wider reading:
Year 12 Autumn	Unit 1: Anatomy and Physiology	Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.	<ul style="list-style-type: none"> Written examination set and marked by Pearson. • 1.5 hours. • 90 marks. - January 	<p>English Institute of Sport – Careers Page. 2015. Careers. [ONLINE]. Available at: http://www.eis2win.co.uk/Pages/Careers_andJobs_at_EIS.aspx.</p> <p>Psychologist Career Opportunity – British Cycling. 2015. . [ONLINE] Available at: https://www.britishcycling.org.uk/zuvvi/media/bc_files/vacancies/1509_BC_Psychologist.pdf.</p> <p>EIS Vacancy: Performance Analyst. 2015. EIS Vacancy: Performance Analyst. [ONLINE] Available at: http://www.eis2win.co.uk/Pages/VacancyDetails.aspx?intVacancyID=2393</p>
	Unit 3: Professional Development in the Sports Industry	Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.	Internally assessed coursework set and marked by RHS staff.	
	Unit 4: Sports Leadership	Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.	Internally assessed coursework set and marked by RHS staff.	
Year 12 Spring	Unit 2: Fitness Training and Programming for Health, Sport and Well-being	Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.	<p>A task set and marked by Pearson and completed under supervised conditions. • Part A: case study</p> <ul style="list-style-type: none"> In Part B: 2.5 supervised assessment (May) <p>Internally assessed coursework set and marked by RHS staff.</p> <p>Internally assessed coursework set and marked by RHS staff.</p>	<p>BSc (Hons) Sport and Exercise Science Course - 2016 Liverpool John Moores University . 2015. BSc (Hons)</p> <p>Sport and Exercise Science Course - 2016 Liverpool John Moores University . [ONLINE] Available at: https://www.ljmu.ac.uk/study/courses/undergraduates/2016/sport-and-exercise-science.. Sport Science degree course at Bangor University, UK. 2015.</p> <p>American College of Sports Medicine www.acsm.org</p> <p>British Association of Sport and Exercise Sciences www.bases.org.uk</p> <p>Coachwise www.1st4sport.com</p> <p>Human Kinetics www.humankinetics.com</p> <p>Sport Science www.sportsci.org</p> <p>Sports Coach UK www.sportscoachuk.org</p> <p>Top End Sports www.topendsports.com</p>
	Unit 5: Application of Fitness Testing	Learners gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness.		
	Unit 10: Sports Event Organisation	Learners will plan, promote and deliver an approved sports event and review the implementation of the event and their own performance.		
Year 12 Summer	Unit 7: Practical Sports Performance	Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports.	Internally assessed coursework set and marked by RHS staff.	Additional wider reading list provided in class.
	Unit 8: Coaching for Performance	Learners will develop the techniques, personal knowledge and ability to deliver coaching sessions.	Internally assessed coursework set and marked by RHS staff.	