

BTEC Sport and Exercise Sciences Level 3

Curriculum content

Half Term	Year 12			Year 13		
	Unit 1 Anatomy for sport and exercise	Unit 2 Sport and exercise physiology	Unit 3 Sport and exercise psychology	Unit 17/18 Practical individual/team sports	Unit 8 Fitness testing for sport and exercise	Unit 9 Fitness training and programming
Autumn 1	Know the structure and function of the skeleton. Assignment 1. Know the structure and function of the muscular system. Assignment 2.		Know the effects of personality, motivation and aggression on sports performance. Assignment 1.	Know the skills, techniques and tactics in selected team/individual sports. Assignment 1. Know the rules and regulations of selected team/individual sports. Assignment 2.	Know a range of laboratory-based and field-based fitness tests. Assignment 1. Be able to use health screening techniques.	

<p>Autumn 2</p>	<p>Know the structure and function of the cardiovascular system.</p> <p>Assignment 4.</p>		<p>Know the effects of personality, motivation and aggression on sports performance. (Cont'd)</p> <p>Assignment 2.</p> <p>Assignment 3.</p> <p>Know the impact of arousal, stress and anxiety on sports performance.</p> <p>Assignment 4.</p>	<p>Be able to assess your own performance in selected team/individual sports.</p> <p>Assignment 3.</p> <p>Be able to assess the performance of others in selected team/individual sports.</p> <p>Assignment 4.</p>	<p>Be able to use health screening techniques.(Cont'd)</p> <p>Assignment 2.</p> <p>Be able to administer appropriate fitness tests.</p> <p>Assignment 3.</p>	<p>Know different methods of fitness training</p> <p>Assignment 1</p> <p>Be able to plan a fitness training session.</p> <p>Assignment 2</p>
<p>Spring 1</p>	<p>Know the structure and function of the respiratory system.</p> <p>Assignment 4.</p>		<p>Know the psychology of group dynamics in sports environments.</p> <p>Assignment 5.</p>		<p>Be able to interpret the results of fitness tests and provide feedback.</p> <p>Assignment 4</p>	<p>Be able to plan a fitness training programme.</p> <p>Assignment 2.</p> <p>Be able to plan a fitness training programme.</p> <p>Assignment 3.</p>

Spring 2		<p>Be able to investigate the initial responses of the body to exercise.</p> <p>Assignment 1.</p> <p>Be able to investigate how the body responds to steady-state exercise.</p> <p>Assignment 1.</p>	<p>Know psychological factors that affect people in exercise environments.</p> <p>Assignment 6.</p>			<p>Be able to review a fitness training programme.</p> <p>Assignment 4.</p>
Summer 1		<p>Know fatigue and how the body recovers from exercise.</p> <p>Assignment 1.</p>	<p>Know psychological factors that affect people in exercise environments.</p>			<p>Review and catch up.</p>
Summer 2		<p>Know how the body adapts to long term exercise.</p> <p>Assignment 1.</p>	<p>Unit 17/18</p> <p>Know the skills, techniques and tactics in selected team/individual sports</p>			

Skills

This subject will equip learners with both a depth and breadth of knowledge, understanding and essential skills required for gaining employment or to go on to an undergraduate degree or other higher education course. This requires them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the role technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds
- Develop English, Mathematics and ICT skills

Assessment

The course comprises of three core units and three optional units which may be studied over two years. These are continually assessed and each unit is graded as a Pass, Merit or a Distinction.

Core mandatory units are:

- Anatomy for Sport and Exercise
- Sport and Exercise Physiology
- Sport and Exercise Psychology

We currently deliver the following optional units:

- Fitness Testing for Sport and Exercise
- Fitness Training and Programming
- Practical Team/Individual Sports

Assessment is in the form of completed assignments which take the form of project and portfolio work, posters, leaflets, presentations, reports, research projects and simple tests. There will be a combination of theory and practical work.

Further details can be found at <https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2010.html>