

**Btec level 3 Sport – foundation diploma**

	<b>Year 12</b>	<b>Year 13</b>
Cycle 1	<p align="center"><b>Unit 1 - ANATOMY AND PHYSIOLOGY</b></p> <p>A The effects of exercise and sports performance on the Skeletal system            B – the effects of exercise and sports performance on the muscular system            C the effects of exercise and sports performance on the respiratory system            D effects of sport and exercise performance on the cardiovascular system            E the effects of exercise and sports performance on the energy system</p> <p align="center"><b>Unit 2 - FITNESS TRAINING AND PROGRAMMING FOR HEALTH, SPORT AND WELL-BEING</b></p> <p>A – examine lifestyle factors and their effect on health- positive/negatives            B – understanding the screening process/health tests            C – nutritional strategies for individuals taking part in training programmes            D examine training methods for different components of fitness</p> <p align="center"><b>Exam January – Unit 1/Unit 2</b></p>	<p align="center"><b>Unit 4 – SPORTS LEADERSHIP</b></p> <p>A – understand the roles, qualities, and characteristics of an effective sports leader.            B – Examine the importance of psychological factors and their link with effective leadership</p> <p align="center"><b>Unit 7 – PRACTICAL SPORTS PERFORMANCE</b></p> <p><b>A:</b> Examine National Governing Body rules/laws and regulations for selected sports competitions  <b>B:</b> Examine the skills, techniques and tactics required to perform in selected sports</p> <p align="center"><b>Coursework assessment</b></p>
Cycle 2	<p align="center"><b>Unit 5 - APPLICATION OF FITNESS TESTING</b></p> <p>A – understanding the principles of fitness testing            B – Explore fitness tests for different components of fitness            C – undertake evaluation and feedback of fitness test results.</p> <p align="center"><b>Unit 3 -PROFESSIONAL DEVELOPMENT IN THE SPORTS INDUSTRY</b></p> <p>A – understand the career and job opportunities in the sports industry            B - Explore own skills using a skills audit to inform a career development plan            C – undertake a recruitment activity to demonstrate the processes that can lead to a successful job in a selected pathway.            D – reflect on the recruitment and selection process and your individual performance.</p>	<p align="center"><b>Unit 4 – SPORTS LEADERSHIP</b></p> <p>C – explore an effective leadership style when leading a team during sport and exercise activity</p> <p align="center"><b>Unit 7 – PRACTICAL SPORTS PERFORMANCE</b></p> <p><b>C:</b> Develop skills, techniques and tactics for sporting activity in order to meet sport aims  <b>D:</b> Reflect on own practical performance using selected assessment methods</p> <p align="center"><b>Unit 10 – sports event organisation</b></p> <p><b>A:</b> Investigate how different types of sports events are planned and delivered</p>
	<b>Coursework assessment</b>	<b>Coursework assessment</b>

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	<p><b>Coursework assessment</b></p>	<p><b>Coursework assessment</b></p>