

KS5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Year 12</p> <p>BTEC SPORT</p>	<p>Unit 1 – Anatomy & Physiology</p> <p>Topic A: The effects of exercise and sports performance on the skeletal system</p> <p>Topic B: The effects of exercise and sports performance on the muscular system</p> <p>Unit 2: Fitness Training & Programming</p> <p>Topic A: Examine lifestyle factors and their effect on health and well-being</p> <p>Topic B: Understand the screening processes for training programming</p>	<p>Unit 1 – Anatomy & Physiology</p> <p>Topic B: The effects of exercise and sports performance on the muscular system</p> <p>Topic C: The effects of exercise and sports performance on the respiratory system</p> <p>Unit 2: Fitness Training & Programming</p> <p>Topic C: Understand programme-related nutritional needs</p> <p>Topic D: Examine training methods for different components of fitness</p>	<p>Unit 1 – Anatomy & Physiology</p> <p>Topic D: The effects of sport and exercise performance on the cardiovascular system</p> <p>Unit 2: Fitness Training & Programming</p> <p>Topic E: The effects of exercise and sports performance on the energy systems</p> <p>Topic D: Examine training methods for different components of fitness</p>	<p>Unit 1 – Anatomy & Physiology</p> <p>Topic E: The effects of exercise and sports performance on the energy systems</p> <p>Unit 2: Fitness Training & Programming</p> <p>Topic E: Understand training programme design</p>	<p>Unit 1 – Anatomy & Physiology</p> <p>Revision</p> <p>Unit 2: Fitness Training & Programming</p> <p>Revision</p>	<p>Start work for Year 13 units (3 & 6)</p>
<p>Year 13</p>	<p>Unit 3 – Professional Development in the Sports Industry</p> <p>A - Understand the career and job opportunities in the sports industry</p> <p>B - Explore own skills using a skills audit to inform a career development action plan</p>	<p>Unit 3 – Professional Development in the Sports Industry</p> <p>B - Explore own skills using a skills audit to inform a career development action plan</p>	<p>Unit 3 – Professional Development in the Sports Industry</p> <p>C - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p> <p>Unit 6 - Sport Psychology</p>	<p>Unit 3 – Professional Development in the Sports Industry</p> <p>D - Reflect on the recruitment and selection process and your individual performance</p>		

<p>BTEC SPORT</p>	<p>Unit 6 - Sport Psychology</p> <p>A - Understand how personality, motivation and competitive pressure can affect sport performance</p>	<p>Unit 6 - Sport Psychology</p> <p>B - Examine the impact of group dynamics in team sports and its effect on performance</p>	<p>C - Explore psychological skills training programmes designed to improve performance</p>	<p>Unit 6 - Sport Psychology</p> <p>C - Explore psychological skills training programmes designed to improve performance</p>		
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