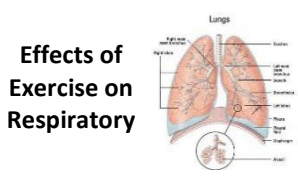
Your BTEC Sport Learning Journey at Cardinal Newman

YEAR 12



Effects of Exercise on Respiratory

Effects of Exercise on Skeletal System

Unit 1: Anatomy and Physiology

Effects of Exercise on Muscular System

Unit 1 – Exam Set and Marked by Pearson
1.5 hrs on Anatomy and Physiology 80 Marks

Introduction to the Course
Handbooks, expectations and course overview.

YEAR 13

Effects of Exercise on Cardiovascular System

Effects of Exercise and Sports Performance on the Energy Systems

Unit 1 – Sit Exam in January

Unit 7: Practical Sports Performance

Learning aim D: Reflect on own practical performance using selected assessment methods

Completing any outstanding amendments

Unit 2 – Exam
A task set and marked by Pearson and completed under supervised conditions
2.5 Hours 60 Marks

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

Learning aim C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims

Learning aim A: Examine National Governing Body rules/laws and regulations for selected sports competitions

Practical's of two selected sports

Learning aim B: Examine the skills, techniques and tactics required to perform in selected sports

Examine Lifestyle Factors and Their Effect on Health and Well-being

Portfolio Record of Achievement CV

Research Job Applications

Interview Practice – Record Interviews

Update SWOT + Action Plan

Complete BTEC Sport Level 3 - Sign off any remaining paperwork

Career Development Action Plan

Applying for a Job

Review and Analyse Interview

Completing any outstanding amendments

SWOT Analysis

Professional training routes

Sector Specific Legislation

Exam Preparation – Sit exam in January

Examine Training Methods for Different Components of Fitness

Understand the Screening Processes for Training Programming

Personal Skills Audit

CPD

Types of employment

Unit 3: Professional Development in the Sports Industry

Understand Training Programme Design

Understand Programme-Related Nutritional Needs.

Professions

Sporting Assisstant

University

Future Pathways

PE Teaching

CARDINAL NEWMAN CATHOLIC SCHOOL