## Year: 12/13 Subject: BTEC Extended Certificate/ National Diploma

**Curriculum Intent:** The content of this qualification has been developed in consultation with academics to ensure that it supports progression to higher education. Employers and professional bodies have also been involved and consulted to confirm that the content is appropriate and consistent with current practice for learners who may choose to enter employment directly in the sport sector.

The mandatory content allows students to concentrate on the development of their practical skills and the broad knowledge required for entrance into higher education programmes in sport.

Learners will study six mandatory units over 2 years, as well as 3 centre prescribed additional units:

## Year 1

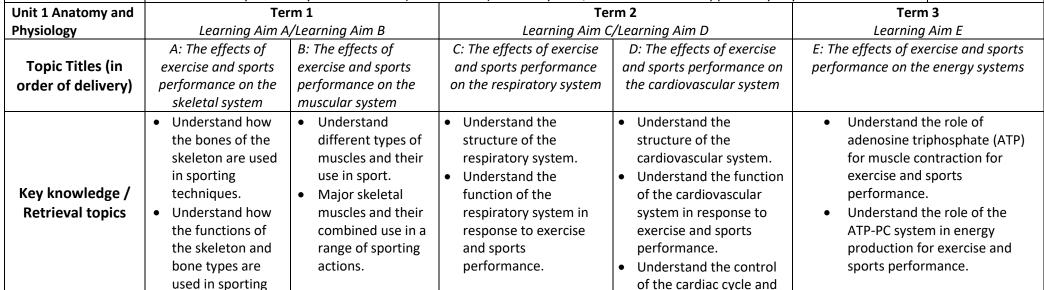
- Unit 1: Anatomy and Physiology
- Unit 2: Fitness Training and Programming for Health, Sport and Well-being
- Unit 7: Practical Sport
- Unit 8: Coaching for Performance

## Year 2

- Unit 3: Professional Development in the Sports Industry
- Unit 4: Sports Leadership
- Unit 6: Sports Psychology
- Unit 22: Investigating Business in the Sport and Active Leisure Industry
- Unit 23: Skill Acquisition in Sport.

Units have been designed to support progression to a variety of sport courses in higher education, and to link with relevant occupational areas. This allows learners to choose either; a specific specialist area in which they wish to develop their skill or continue a broad programme of study.

Core Mandatory externally assessed units (Units 1 and 2) taken in year 1, to enable a retake opportunity in year 2.





	actions and exercise.  Understand how joints of the upper and lower skeleton are used in sporting techniques and actions.  Understand the impact of shortand long-term effects of exercise on sports performance.  Understand the impact of the skeletal system on exercise and sports performance and the impact of exercise and sports performance on the skeletal system.	<ul> <li>Movement of muscles in antagonistic pairs and their use in a variety of sporting actions.</li> <li>Understand skeletal muscle contraction in different sporting actions.</li> <li>Understand fibre type recruitment during exercise and sports performance.</li> <li>Understand the impact of shortand long-term effects of exercise on sports performance.</li> <li>Understand additional factors affecting the muscular system and their impact on exercise and sports performance.</li> </ul>	<ul> <li>Understand the lung volumes and the changes that occur in response to exercise and sports performance.</li> <li>Understand how breathing rate is controlled in response to exercise and sports performance.</li> <li>Understand the impact of short- and long-term effects of exercise on sports performance.</li> <li>Understand additional factors affecting the respiratory system and their impact on exercise and sports performance.</li> </ul>	how it changes during exercise and sports performance.  • Understand the impact of short- and long-term effects of exercise on sports performance.  • Understand additional factors affecting the cardiovascular system and their impact on exercise and sports performance.	<ul> <li>Understand the role of the lactate system in energy production for exercise and sports performance.</li> <li>Understand the role of the aerobic energy system in energy production for exercise and sports performance.</li> <li>The impact of adaptation of the systems on exercise and sports performance.</li> <li>Understand additional factors affecting the energy systems and their impact on exercise and sports performance.</li> </ul>
Understanding / Sequence of delivery	A1 Structure of skeletal system A2 Function of skeletal system A3 Joints A4 Responses of the skeletal system to a	B1 Characteristics and functions of different types of muscles B2 Major skeletal muscles of the muscular system B3 Antagonistic muscle pairs	C1 Structure of the respiratory system C2 Function C3 Lung volumes C4 Control of breathing C5 Responses of the respiratory system to a	D1 Structure of the cardiovascular system D2 Function of the cardiovascular system D3 Nervous control of the cardiac cycle D4 Responses of the cardiovascular system to a	E1 The role of ATP in exercise E2 The ATP-PC (alactic) system in exercise and sports performance E3 The lactate system in exercise and sports performance E4 The aerobic system in exercise and sports performance

	single sport or	B4 Types of skeletal	single sport or exercise	single sport or exercise	E5 Adaptations of the energy system to
	exercise session	muscle contraction	session	session	exercise
	A5 Adaptations of the	B5 Fibre types	C6 Adaptations of the	D5 Adaptations of the	E6 Additional factors affecting the
	skeletal system to	B6 Responses of the	respiratory system to	cardiovascular system to	energy systems
	exercise	muscular system to a	exercise	exercise	
	A6 Additional factors	single sport or	C7 Additional factors	D6 Additional factors	
	affecting the skeletal	exercise session	affecting the respiratory	affecting the cardiovascular	
	system	B7 Adaptations of the	system	system	
		muscular system to			
		exercise			
		B8 Additional factors			
		affecting the			
		muscular system			
	Proof of Progress (POP) Test – October		Pre-Public Examination (PPE) Exam – January		Unit 1 Exam – May/June
Assessment	Reduced question, exam format assessment		Reduced Question, exam format assessment sat in Exam		Full exam protocol.
	sat in class.		Hall.		90 minute Exam.
	Learning Aim A/B		Learning Aim A/B/C		Learning Aim A/B/C/D/E