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.	

Unit 1 Anatomy and Physiology	**Term 1** *Learning Aim A/Learning Aim B*		**Term 2** *Learning Aim C/Learning Aim D*		**Term 3** *Learning Aim E*
Topic Titles (in order of delivery)	*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: The effects of exercise and sports performance on the cardiovascular system*	*E: The effects of exercise and sports performance on the energy systems*
Key knowledge / Retrieval topics	• Understand how the bones of the skeleton are used in sporting techniques. • Understand how the functions of the skeleton and bone types are used in sporting	• Understand different types of muscles and their use in sport. • Major skeletal muscles and their combined use in a range of sporting actions.	• Understand the structure of the respiratory system. • Understand the function of the respiratory system in response to exercise and sports performance.	• Understand the structure of the cardiovascular system. • Understand the function of the cardiovascular system in response to exercise and sports performance. • Understand the control of the cardiac cycle and	• Understand the role of adenosine triphosphate (ATP) for muscle contraction for exercise and sports performance. • Understand the role of the ATP-PC system in energy production for exercise and sports performance.

	actions and exercise. • Understand how joints of the upper and lower skeleton are used in sporting techniques and actions. • Understand the impact of short- and 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.	• Movement of muscles in antagonistic pairs and their use in a variety of sporting actions. • Understand skeletal muscle contraction in different sporting actions. • Understand fibre type recruitment during exercise and sports performance. • Understand the impact of short- and long-term effects of exercise on sports performance. • Understand additional factors affecting the muscular system and their impact on exercise and sports performance.	• Understand the lung volumes and the changes that occur in response to exercise and sports performance. • Understand how breathing rate is controlled in response to exercise and sports performance. • Understand the impact of short- and long-term effects of exercise on sports performance. • Understand additional factors affecting the respiratory system and their impact on exercise and sports performance.	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.	• Understand the role of the lactate system in energy production for exercise and sports performance. • Understand the role of the aerobic energy system in energy production for exercise and sports performance. • The impact of adaptation of the systems on exercise and sports performance. • Understand additional factors affecting the energy systems and their impact on exercise and sports performance.
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 exercise session A5 Adaptations of the skeletal system to exercise A6 Additional factors affecting the skeletal system	B4 Types of skeletal muscle contraction B5 Fibre types B6 Responses of the muscular system to a single sport or exercise session B7 Adaptations of the muscular system to exercise B8 Additional factors affecting the muscular system	single sport or exercise session C6 Adaptations of the respiratory system to exercise C7 Additional factors affecting the respiratory system	single sport or exercise session D5 Adaptations of the cardiovascular system to exercise D6 Additional factors affecting the cardiovascular system	E5 Adaptations of the energy system to exercise E6 Additional factors affecting the energy systems
Assessment	Proof of Progress (POP) Test – October Reduced question, exam format assessment sat in class. *Learning Aim A/B*		Pre-Public Examination (PPE) Exam – January Reduced Question, exam format assessment sat in Exam Hall. *Learning Aim A/B/C*		Unit 1 Exam – May/June Full exam protocol. 90 minute Exam. *Learning Aim A/B/C/D/E*