

**Year:  
12/13  
Subject:  
BTEC  
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.



<b>Unit 8 Coaching for Performance</b>	<b>Term 1</b>	<b>Term 2</b> Learning Aim A Learning Aim B		<b>Term 3</b> Learning Aim C Learning Aim D	
<b>Topic Titles (in order of delivery)</b>		A Investigate the skills, knowledge, qualities and best practice of performance coaches	B Explore practices used to develop skills, techniques and tactics for performance	C Demonstrate effective planning of coaching for performance	D Explore the impact of coaching for performance
<b>Key knowledge / Retrieval topics</b>		Learners should understand the skills needed for performance coaching and their application to promote development in changing environments.	Learners can research variety of practices and adaptations for their chosen sport.	Information considered prior to planning sessions and series of sessions to develop performance:	Learners are required to coach a sports performance session that could demonstrate: Skills / qualities / knowledge as well as different coaching methods.

		Learners should understand the qualities for performance coaching in changing environments.		Planning for a series of sessions, focusing on development and progression.	Reflection on individual session, covering: content as well as personal coach and participant development.
<b>Understanding / Sequence of delivery</b>		A1 Skills and knowledge for coaching for performance A2 Qualities for coaching for performance A3 Best practice for a coach for performance A4 Self-reflection of personal coaching ability	B1 Practices to develop skills and techniques for performance B2 Practices to develop tactics for performance B3 Adaptation of practices to promote development of performance	C1 Planning considerations C2 Planning for an individual session for performance C3 Planning for an overall series of sessions for performance	D1 Delivering for coaching performance D2 Reflection on session D3 Coaching development based on reflection
<b>Assessment</b>		A.P1 Explain the skills, knowledge, qualities and best practice of a performance coach, reflecting on personal coaching ability.	B.P2 Explain practices to develop skills, techniques and tactics for sports performance.	C.P3 Produce a detailed plan for an individual performance coaching session that reflects planning considerations and an overall series plan.	D.P4 Deliver your individual performance coaching session showing consideration of health and safety factors. D.P5 Review your delivered coaching session, reflecting on your planning and coaching performance.
		A.M1 Analyse the skills, knowledge, qualities and best practice of a performance coach and your personal coaching ability.	B.M2 Analyse practices and their practicality, suitability and effectiveness to develop skills, techniques and tactics for sports performance.	C.M3 Discuss the interrelationship between your individual plan, planning considerations and an overall series plan.	D.M4 Analyse your delivered individual performance coaching session and the impact of your planning and coaching performance
		A.D1 Evaluate personal coaching ability, suggesting and justifying recommendations for future personal development.	B.D2 Evaluate practices and their practicality, suitability and effectiveness to	CD.D3 Evaluate the impact of your planning and coaching performance on an athlete and/or team performance,	CD.D3 Evaluate the impact of your planning and coaching performance on an athlete and/or team performance,

			develop skills, techniques and tactics for sports performance, making recommendations for adaptations.	justifying future coaching developments.	justifying future coaching developments.
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