



Year 12 BTEC Sport Learning Journey

YEAR GROUP: 12 BTEC Sport Learning Map

SUBJECT: <https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-l3-national-ext-dip-in-sport-spec.pdf>

When?	Understanding	Knowledge	Assessment
Autumn Half Term	Units of Focus: Unit 1: Anatomy and Physiology (exam unit) Unit 30: Exercise, Health and Lifestyle (up to February half term)		
Unit 1 Sept- Jan	Unit 1 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system. Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements	Knowledge on the effects of exercise and sports performance on the skeletal, muscular, respiratory, cardiovascular and energy systems. Knowledge on the connections between body systems in response to short-term and long-term exercise and sport participation.	Short module test Self-assessment of homework Peer assessment of homework Marking of other resources and discussions on marks awarded and why. Assessment points which build a range of topics taught to date in
Unit 30 Sept-Feb	Unit 30 Understand research into the physical, mental and social factors that can impact on lifestyle, including recommendations and guidelines listed by the National Health Service (NHS) and the National Institute for Health and Care Excellence (NICE). To be able to produce a programme that will increase the impact of positive lifestyle factors and reduce the impact of negative lifestyle factors for the	Exercise, Health and Lifestyle - In this unit students will: A Understand the importance of lifestyle factors for promoting a healthy lifestyle B Carry out assessments in order to provide advice to clients C Plan and review lifestyle programmes.	Homework set and assessed by teacher Peer and self-assessment of tasks in lessons. For overall assessment Students will be set tasks which will need to be completed including all relevant topic content. Homework tasks will build their knowledge and understanding of what is required in completing the task and the task will then be assessed internally. Students will be able to receive generic feedback and will get the opportunity to re draft their work once before their final grade is awarded.

When?	Understanding	Knowledge	Assessment
	individual you are working with.		

Spring and summer term	Units of focus: Unit 2: Fitness Training and Programming for Health, Sport and Well-being (controlled assessment) Unit 3: Professional Development in the Sports Industry Unit 6: Sports Psychology Unit 9: Research Methods in Sport		
Unit 2 Jan – June	Unit 2: Fitness Training and Programming for Health, Sport and Well-being Understand how the negative aspects of lifestyle can impact overall health. Understand the needs of different individuals when designing training programmes and lifestyle changes.	Know the positive and negative lifestyle factors and their effects on health and well-being, knowledge on the screening processes for training programming, Know how to programme-related nutritional needs, examine training methods for different components of fitness. Know how to design a training programme	Self assessment of homework Peer assessment of homework Marking of other resources and discussions on marks awarded and why. Controlled assessments are scenario based and students need to understand how to analyse a scenario to then apply the information. Students then need to analyse positive and negative lifestyle factors for a client, then provide nutritional guidance and a training programme to help their clients improve their lifestyle.
Unit 3 Jan- July	Unit 3 Professional Development in the Sports Industry. In this unit students will: Understand the importance of researching jobs and qualifications required while carrying out skills evaluation of themselves. Understand the impact of good preparation	Know the broad range of careers available within the sport and leisure industry Know how to prepare and apply for jobs in the sport and leisure industry Know what a career development action plan is.	Homework set and assessed by teacher Peer and self assessment of tasks in lessons. For overall assessment Students will be set tasks which will need to be completed including all relevant topic content. Homework tasks will build their knowledge and understanding of what is required in completing the task and the task will

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	on the overall success of the interview process.		then be assessed internally. Students will be able to receive generic feedback and will get the opportunity to re draft their work once before their final grade is awarded.
<u>Unit 6</u> <u>Feb-June</u>	Unit 6 – Sports Psychology. In this unit students will: Understand how personality, motivation and competitive pressure can affect sport performance Understand how group dynamics can have an impact in team sports and its effect on performance overall performance Understand how psychological skills training programmes help to improve performance.	Know what personality traits are and how personalities differ Know what group dynamics are. Know a range of psychological skills programmes that are used to improve performance. Explore psychological skills training programmes designed to improve performance.	Homework set and assessed by teacher Peer and self assessment of tasks in lessons. For overall assessment Students will be set tasks which will need to be completed including all relevant topic content. Homework tasks will build their knowledge and understanding of what is required in completing the task and the task will then be assessed internally. Students will be able to receive generic feedback and will get the opportunity to re draft their work once before their final grade is awarded.

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<u>Unit 9</u> <u>Feb- June</u>	Unit 9 – Research Methods in Sport. In this unit students will	Knowledge on the following learning aims A Understand the importance of research in sporting environments B Examine key issues that impact on the effectiveness and quality of research in sport C Apply appropriate research methods to a selected research problem in sport	Homework set and assessed by teacher Peer and self assessment of tasks in lessons. For overall assessment Students will be set tasks which will need to be completed including all relevant topic content. Homework tasks will build their knowledge and understanding of what is required in completing the task and the task will then be assessed internally. Students will be able to receive generic feedback and will get the opportunity to re draft their work once before their final grade is awarded.
Summer term	Units of focus: Unit 19: Development and Provision of Sport and Physical Activity (controlled assessment) Unit 22: Investigating Business in the Sport and Active Leisure Industry (controlled assessment)		
<u>Unit 19</u> <u>July-Jan</u>	Unit 19 Development and Provision of Sport and Physical Activity. Understand the importance of sport development in can increase elite level success and how that can in turn positively impact the health of a nation. Understand how sport development initiatives and programmes can help to increase participation amongst different groups; Age, gender, disability, race and socio-economic status.	Knowledge on the Key Principles of sports development and wider sport development know how media and commercialisation can help in sport development. Know the different target groups Know a range of agencies and initiatives that have been involved in sport development Know how to develop a proposal to the wider sports development context	Self assessment of homework Peer assessment of homework Marking of other resources and discussions on marks awarded and why. Controlled assessments are scenario based and students need to understand how to analyse a scenario to then apply the information. Students need to create a proposal and explain how their proposal will be success based on performance indicators. They need to justify their activities and resources for their proposal

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			and analyse the interrelationship between your proposal and wider sports
<u>Unit 22</u> <u>July-Jan</u>	Unit 22 - Investigating business in the Sport and Active Leisure Industry.	Knowledge on the following learning aims: Know the key responsibilities and personal skills of leisure centre facility staff members, the impact of key legislation and risk management strategies on the daily operations of a leisure centre facility, the provision offered for different client groups targeted by different leisure centre facilities and finally knowledge on how to develop a plan to improve the provision offered for a target client group	Self assessment of homework Peer assessment of homework Marking of other resources and discussions on marks awarded and why. Controlled assessments are scenario based and students need to understand how to analyse a scenario to then apply the information. Students then need to analyse positive and negative lifestyle factors for a business, then provide a SWOT analysis of the business. The final section of the unit is to provide recommendations to a business and justify your answers with reference to their research of sport and active leisure businesses.