



Year 12 BTEC SPORT

Autumn Term 1/2

Unit 1 – Anatomy and Physiology. Body systems; Skeletal, Muscular, Cardiovascular, Respiratory and Energy and their responses to exercise.



Autumn Term 1/2

Unit 30 - Exercise Health and Lifestyle. Importance of lifestyle factors, health assessments and lifestyle programmes.

Spring Term 1/2

Unit 2: Fitness training and programming: Health monitoring tests, review and planning of diet, lifestyle review and recommendations



Spring Term 1/2

Unit 6: Sports Psychology: Understanding how motivation, personality and pressure can affect performance and exploring psychological skills training programmes

Unit 3: professional Development in the Sports Industry. Understand the industry, explore own skills and prepare for the recruitment process.



Unit 9: Research Methods In Sport: Understanding the importance of research in sport and carrying out a research project

Summer Term 1/2

Unit 19: Development and Provision of Sport and Physical Activity: Key Principles of Sport Development. Understanding the relationship of media and commercialisation and writing proposals for events to increase participation



Summer Term 1/2

Investigating Business in the Sport and Active Leisure Industry: understand scale of the industry and reacting to trends, analyse business data and make judgements on how sports business can be diversified and adapted for growth.

