

Curriculum Overview National Extended Certificate Pearson BTEC Award in Sport

Subject: PE Year 13

Periods per fortnight: 5

INTENT:

Students will raise their knowledge and understanding of a variety of training principles as well as developing a basic understanding of sports nutrition. Finally the students will study the psychological aspects which affect our participation in sport and physical activity.

BTEC Nationals in Sport have been developed in the sport and active leisure sector to:

- provide education and training for sport, leisure and recreation employees
- give opportunities for sport, leisure and recreation employees to achieve a nationally recognised Level 3 Vocationally specific qualification
- give full-time learners the opportunity to enter employment in the sport and active leisure sector or to progress to higher education vocational qualifications such as the Edexcel BTEC Higher Nationals in Sport or related areas
- Give learners the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance in working life

This 2 year course consists of 4 units:

Unit 1: Anatomy and Physiology in Sport

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

Unit 3: Professional Development in the Sports Industry

Unit 5: Application of Fitness Testing

A wide range of delivery methods are used to teach the units including lectures, tutorials, presentations, videos, work sheets, use of internet sources, keeping a log book or write up practical tests and or observations and many practical activities.

Pearson BTEC Level 3 National Extended Certificate in Sport				
Unit number	Unit title	GLH	Type	How assessed
3	Professional Development in the Sports Industry	60	Mandatory	Internal

Learning aim	Key content areas	Recommended assessment approach
<p>A Understand the career and job opportunities in the sports industry</p>	<p>A1 Scope and provision of the sports industry</p> <p>A2 Careers and jobs in the sports industry</p> <p>A3 Professional training routes, legislation, skills in the sports industry</p> <p>A4 Sources of continuing professional development (CPD)</p>	<p>A report that justifies the selection of a specific sports industry career pathway, following an investigation into two contrasting career pathways, focusing on short- and long-term prospects and the knowledge, skills and qualities required to achieve them.</p> <p>Career development action plan, supported by evidence of personal skills audit outcomes.</p>
<p>B Explore own skills using a skills audit to inform a career development action plan</p>	<p>B1 Personal skills audit for potential careers</p> <p>B2 Planning personal development towards a career in the sports industry</p> <p>B3 Maintaining a personal portfolio/record of achievement and experience</p>	
<p>C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p>	<p>C1 Job applications</p> <p>C2 Interviews and selected career pathway-specific skills</p>	<p>Learners must participate in recruitment and selection activities. They will need to interview and be interviewed, conduct a practical assessment activity and complete the appropriate documentation.</p> <p>Learners will need to evidence all the documents created.</p> <p>Ability to self-critique performance, including what could have gone better and what skills need to be developed, so that learners can enhance their employability.</p> <p>SWOT (strengths, weaknesses, opportunities, threats) analysis on performance of their interviewing assessment activity, linked to their personal development.</p>
<p>D Reflect on the recruitment and selection process and your individual performance</p>	<p>D1 Review and evaluation</p> <p>D2 Updated SWOT and action plan</p>	

5	Application of Fitness Testing	60	Optional	Internal
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Summary of unit

Learning aim	Key content areas	Recommended assessment approach
A Understand the principles of fitness testing	A1 Validity of fitness tests A2 Reliability of fitness tests A3 Practicality and suitability of fitness tests A4 Ethical issues associated with fitness screening	<p>A report on the principles of fitness testing, including practicality, suitability and ethics of fitness testing.</p> <p>A presentation justifying the selection of fitness tests for a team or individual.</p>
B Explore fitness tests for different components of fitness	B1 Fitness tests to assess components of physical fitness B2 Fitness tests to assess components of skill-related fitness B3 Planning of tests B4 Administration of tests	<p>A report that interprets the test results, analyses the test administration and makes recommendations for improvements to test administration practice, supported by observation and video evidence of fitness testing administration and recorded results from each test.</p>
C Undertake evaluation and feedback of fitness test results	C1 Produce a fitness profile for a selected sports performer C2 Providing feedback to a selected sports performer	<p>A written fitness profile for a selected sports performer, supported by evidence of interpretation of fitness test results related to the selected sports performer.</p> <p>A report that evaluates the effectiveness of fitness testing and feedback methods, supported by observation/ video/verbal recordings of feedback session to selected sports performer.</p>

IMPLEMENTATION:

Term	Topics studied	Extended learning opportunities (homework, controlled assessments, field work, trips etc.)	How parents could support students
Autumn Term	Start of both units simultaneously Unit 3 - Learning aim A: Understand the career and job opportunities in the sports industry A1 Scope and provision of the sports industry A2 Careers and jobs in the sports industry A3 Professional training routes, legislation, skills in the sports industry A4 Sources of continuing professional development (CPD) Maintaining professional development in specific career pathways.	<ul style="list-style-type: none"> <input type="checkbox"/> Fortnightly flipped learning homework on google classroom <input type="checkbox"/> Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable <input type="checkbox"/> Sporting fixtures <input type="checkbox"/> Revision Sessions and coursework catch up sessions <input type="checkbox"/> The Everlearner.com for weekly recall tasks, homework, flipped learning and tests for unit 1 	Supporting your son / daughter: <ul style="list-style-type: none"> • Checking the completion of google classroom homework • Supporting your son/daughters external sporting endeavours.

	<p>Learning aim B: Explore own skills using a skills audit to inform a career development action plan B1 Personal skills audit for potential careers B2 Planning personal development towards a career in the sports industry B3 Maintaining a personal portfolio/record of achievement and experience</p> <p>Unit 5 - Learning aim A: Understand the principles of fitness testing A1 Validity of fitness tests A2 Reliability of fitness tests A3 Practicality and suitability of fitness tests A4 Ethical issues associated with fitness screening</p> <p>Learning aim B: Explore fitness tests for different components of fitness B1 Fitness tests to assess components of physical fitness B2 Fitness tests to assess components of skill-related fitness B3 Planning of tests B4 Administration of tests</p>		
Spring Term	<p>Unit 3 - Learning aim C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway C1 Job applications Selection of a job role in a suitable career pathway, identified from skills audit and CDAP and then preparation of all the relevant documents C2 Interviews and selected career pathway-specific skills</p> <p>Learning aim D: Reflect on the recruitment and selection process and your individual performance D1 Review and evaluation D2 Updated SWOT and action plan</p> <p>Unit 5 - Learning aim C: Undertake evaluation and feedback of fitness test results C1 Produce a fitness profile for a selected sports performer Interpret results against normative data C2 Providing feedback to a selected sports performer</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Fortnightly flipped learning homework on google classroom <input type="checkbox"/> Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable <input type="checkbox"/> Sporting fixtures <input type="checkbox"/> Revision Sessions and coursework catch up sessions 	As above

Summer Term	Improvements and resubmissions for both units if required. Students can then apply for the extra optional units that contribute to extra UCAS points.	<ul style="list-style-type: none"> ❑ Fortnightly flipped learning homework on google classroom ❑ Extra Curricular activities - Breaktime - Lunch and Afterschool. Please see published timetable ❑ Sporting fixtures Revision Sessions 	As above
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IMPACT:

These components are assessed through a written assessment set and marked by Pearson. Both units will contribute to their overall assessment through until the end of Year 13.

Unit 3 -

In this unit, you will research the different possible careers and the associated job roles in the sports industry, then action plan your development towards achieving a selected career aim. You will analyse your own skills and identify how to develop them into a career through the use of a career plan. You will research your chosen career to understand how to access and progress within it. You will take part in application and interview assessment activities for a selected career pathway, drawing on knowledge and skills from across the qualification to identify your own strengths and gaps in knowledge and skills. You will evaluate your own performance to gain an understanding of the generic employability and specific-technical knowledge and skills required to access and progress in a selected career pathway in the sports industry. This unit will prepare you for progression to a career in the sports industry either directly or through higher education, by developing your understanding of investigation, career planning and awareness of the skills and qualities that sports employers look for in a potential employee.

Unit 5 -

In this unit, you will explore the principles of fitness testing and examine the factors affecting the selection and administration of tests, including validity, reliability and suitability of tests. You will explore a range of laboratory and field-based fitness tests and the administration process of each fitness test. You will consider the selection of appropriate tests for specific sports performers, and demonstrate your ability to conduct a range of fitness tests in accordance with the safety and ethical requirements of fitness testing. Finally, you will investigate the process of evaluating and comparing fitness test results to draw meaningful conclusions about a specific person's fitness. These activities will prepare you for a variety of careers in the sport sector, such as coaching, fitness instruction and working with elite sport performers. This unit will form a good basis for aspects of higher education study in sport and sport and exercise science-related qualifications.