

	Year 12	
		Year 13
Cycle 1	<p>Unit 1 - NF A The effects of exercise and sports performance on the Skeletal system</p> <p>B – the effects of exercise and sports performance on the muscular system</p> <p>C the effects of exercise and sports performance on the respiratory system</p> <p>D effects of sport and exercise performance on the cardiovascular system</p> <p>E the effects of exercise and sports performance on the energy system</p> <p>Unit 2 - AM A – examine lifestyle factors and their effect on health- positive/negatives B – understanding the screening process/health tests C – nutritional strategies for individuals taking part in training programmes D examine training methods for different components of fitness</p>	<p>Unit 4 – sports leadership AM</p> <p>A – understand the roles, qualities and characteristics of an effective sports leader.</p> <p>B – Examine the importance of psychological factors and their link with effective leadership</p> <p>Unit 7 – practical sport performance - NF A: Examine National Governing Body rules/laws and regulations for selected sports competitions B: Examine the skills, techniques and tactics required to perform in selected sports</p>

	Examination – January	
Cycle 2	<p>Unit 5 A – understanding the principles of fitness testing</p> <p>B – Explore fitness tests for different components of fitness</p> <p>C – undertake evaluation and feedback of fitness test results.</p> <p>Unit 3 A – understand the career and job opportunities in the sports industry B - Explore own skills using a skills audit to inform a career development plan</p>	<p>Unit 4 – sports leadership AM</p> <p>C – explore an effective leadership style when leading a team during sport and exercise activity</p> <p>Unit 7 – practical sport performance</p> <p>C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims</p> <p>D: Reflect on own practical performance using selected assessment methods</p>

	<p>C – undertake a recruitment activity to demonstrate the processes that can lead to a successful job in a selected pathway.</p> <p>D – reflect on the recruitment and selection process and your individual performance.</p>	<p><u>Unit 10 – sports event organisation</u></p> <p>A: Investigate how different types of sports events are planned and delivered</p>
	Coursework assessment	Coursework assessment
Cycle 3	<p>Unit 5</p> <p>A – understanding the principles of fitness testing</p> <p>B – Explore fitness tests for different components of fitness</p> <p>C – undertake evaluation and feedback of fitness test results.</p> <p>Unit 3</p> <p>A – understand the career and job opportunities in the sports industry</p> <p>B - Explore own skills using a skills audit to inform a career development plan</p> <p>C – undertake a recruitment activity to demonstrate the processes that can lead to a successful job in a selected pathway.</p>	<p><u>Unit 10 – sports event organisation</u></p> <p>B: Develop a proposal for a sports event for implementation approval</p> <p>C: Undertake the planning, promotion and delivery of a sports event</p> <p>D: Review the planning, promotion and delivery of a sports event and reflect on your own performance</p>

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	D – reflect on the recruitment and selection process and your individual performance.	
	Coursework assessment	Coursework assessment