Level 3 BTEC Sport Extended Diploma Year 1

Apprenticeship

Degree

Employment

Future Pathways

Competitive practices

Performance profiling

Learning aim C and D assessment

Isolated and conditioned practices

Learning aims A and B assessment

Learning aims C and D assessment

Practical officiating

Analysis of officials

Learning aim A assessment

Current issues

Historical development

Unit 7-practical sport

Unit 25-Officiating

Tactical demands

Technical demands

Roles and responsibilities of officials

Laws

YEAR 12
May

Red flag symptoms

Learning aim A assessment

Nutritional strategies

Treatment methods

Intrinsic risk factors

Components of fitness

Principles of training

Balanced diet

Preventative measures

Learning aim C assessment

Learning aims A and B and C assessment

Overuse injuries

Acute injuries

Health monitoring tests

Lifestyle modification techniques

Principles of fitness testing

Lifestyle factors

Unit 2-fitness training

Unit 5-Fitness testing

Unit 17-Injuries

Using normative data

Fitness tests

YEAR 12
January

Adapting sessions to promote progress

Learning Aim B assessment

Plan a session and discuss a series of sessions

Leadership theories

Responses of respiratory system

Respiratory system-structure and functions

Learning aims C and D assessment

Learning aim B assessment

Session planning and practical leadership

External psychological factors

Muscular system-fibre types

Internal

Muscle pairs and contractions

Job applications and interview

Lung volumes and control of breathing

CV system-structure and function, nervous control, responses and adaptations

Learning Aim C Assessment

ATP
Aerobic system
Lactate system
ATP-PC system

A and B assessment

Methods of coaching practice

Skills audit and development plan

Learning Aim A assessment

Muscular system responses and adaptations

Types of employment and legislation

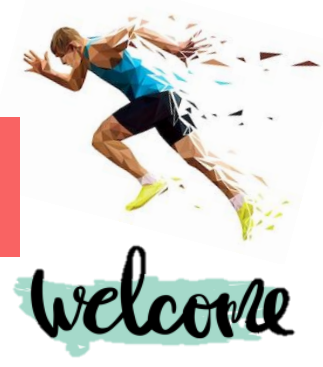
Learning aim A assessment

Skeletal system-joints

Geographical and socio economic factors

Muscular system-characteristics and functions

YEAR 12
September



Skeletal system-additional factors

Skeletal system-responses and adaptations

Key pathways and sectors

Self reflection of skills, knowledge, qualities, and best practice as a coach.

Skills, qualities and characteristics of sports leaders

Skills, knowledge, qualities, and best practice of performance coaches

Skeletal system-Structure and function

Unit 1-Anatomy and physiology
Unit 3-Careers
Unit 4-Leadership
Unit 8 – Sports Coaching