

KS5 BTEC Sport

Year 12			
	Topic Big Questions	Core knowledge and skills assessed	Checking Points
Autumn	<p>How do the skeletal, muscular, cardiovascular and respiratory systems function and what are the fundamentals of the energy systems?</p> <p>What client screening and lifestyle assessment, fitness training methods and fitness programming support improvements in a client's health and well-being?</p>	<p>Musculoskeletal system, cardiorespiratory system and energy systems, functions, responses to exercise and</p> <p>Health screening, fitness testing, data collection, presentation, analysis and feedback, training methods, fitness programming, diet, nutrition and health.</p>	Half termly BTEC style exam
Spring			Half termly BTEC style exam
Summer			Half termly BTEC style exam
Year 13			
	Topic Big Questions	Core knowledge and skills assessed	Checking Points
Autumn	<p>What are the knowledge and skills required for different career pathways in the sports industry?</p> <p>What are the requirements of fitness testing and how do we safely conduct a range of fitness tests for different components of fitness?</p>	<p>Careers and job opportunities in the sports industry, skills audit, career development plans, recruitment process, interview skills, CV creation and career pathways.</p> <p>Principles of fitness testing, components of fitness, fitness tests, evaluation and feedback of fitness test results.</p>	Half termly BTEC style exam
Spring			Half termly coursework moderation Half termly BTEC style exam
Summer			Half termly coursework moderation Half termly BTEC style exam Half termly coursework moderation