BTEC Level 3 Sport Extended Certificate Journey @ RWBA.

YEAR 12

Unit 1- D- The CV System

Unit 1- A – The Skeletal System

The effects of exercise and sports performance on the skeletal system.

Unit 1- B – The Muscular System

The effects of exercise and sports performance on the Muscular system.

Unit 1- C – The Respiratory System

The effects of exercise and sports performance on the Respiratory system.

The effects of exercise and sports performance on the Cardiovascular system.

Unit 1 Examination sat at the end of Year 12
90 Minute Exam- 80 marks - 33% Final Grade

Unit 1- E – The Energy System

The effects of exercise and sports performance on the Energy system.

Exam Revision and practice papers

Unit 3- Professional development in the sports industry.

Unit 3- A- Understand the career and job opportunities in the sports industry.

Scope of the jobs in the industry as well as career opportunities and CPD opportunities available.

Unit 3- B- Explore own skills using a skills audit to create a career action plan.

Use of SWOT Analysis and feedback from industry experts.

External career advice workshops.

Unit 3- C- Undertake a recruitment activity in the sports industry.

Create application, CV, Cover letter and interview process for your chosen career path.

Unit 3- D- Reflect on the recruitment process.

Reflect on video footage of interview processes and application process.

Unit 3 Coursework completed by the end of Year 12
In the form of a written report. 16.5 % Final Grade

YEAR 13

Unit 2- Fitness Training and programming.

Unit 2- A- Examine lifestyle factors and their effect on health and well - being.

Including, Alcohol, Smoking, Stress Sleep and Physical Activity

Unit 2- Understand the Screening process for health and well- being

Understand Tests such as BMI, RHR, WHR and BP

Unit 2- C- Understand programme related nutritional needs.

Understand Macro and Micro Nutrients for health and well-being.

Unit 2- D- Understand fitnes Training and programming.

Understand principles of training and programming for health and well-being

Unit 2- Examination sat in January of Year 13.
2hr 30 Minute Exam (4 Hours Prep Pre Exam) 60 marks - 33% Final Grade

Unit 5- A-Understand the principles of fitness training.

Explore validity, reliability and ethical considerations of fitness testing.

Unit 5- B- Explore the fitness test for different components of fitness

Report on tests that are suitable for your clients' fitness requirements.

Unit 5- C- Undertake evaluation and feedback of fitness test results.

Present your fitness plan to your client based around your fitness testing results.

Unit 5 Coursework completed by the end of Year 13
In the form of a written report and presentations. 16.5 % Final Grade