

DAGENHAM PARK SUBJECT CURRICULUM

Subject	BTEC Level 3 National Extended Diploma in Sport
Year Group	12/13
Overview	<p>Exam Board – Pearson (Edexcel)</p> <p>Overview – The Pearson BTEC Level 3 National Extended Diploma in Sport is intended to be an Applied General qualification for post-16 students wanting to continue their education through applied learning, and who aim to progress to higher education and ultimately to employment, probably in the sports sector. The qualification is equivalent in size to 3 A levels and has been designed as a two-year full-time study programme.</p> <p>No prior study of the sector is needed, but you should normally have a range of achievement at level 2, in GCSEs or equivalent qualifications.</p> <p>Unit Assessment – Students will need to complete 14 units over a period of 2 years. The model used to assess student knowledge includes:</p> <p>Four externally assessed units (<i>contributes to 42% of overall qualification</i>)</p> <ul style="list-style-type: none"> • One written exam • Three supervised tasks, set by Pearsons <p>Ten internally assessed units (<i>contributes to 58% of overall qualification</i>)</p>
Year 1 (Year 12)	<p>During Year 12, students will complete 8 of the 14 units required to achieve the Extended Diploma award in Sport. Of the 8 units undertaken by learners, 6 will be internally assessed and the remaining units will be externally assessed. Internal assessments are on-going throughout the year and external assessments will take place in May/June of that academic year.</p> <p style="text-align: center;"><u>Unit 1 – Anatomy and Physiology</u></p> <p>In order to appreciate how each of these systems function, learners will explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance. The anatomy and physiology of each body system and their processes are very different but work together to produce movement. Learners will gain a full appreciation of how the body is able to take part in sport and exercise through understanding the interrelationships between these body systems.</p>

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

In this unit, learners will explore the process required for screening clients and assessing their lifestyle and nutritional intake. How to interpret this information will then be examined. From this information learners will explore how to make judgements on a specific individual's current lifestyle and then suggest modifications to help improve the individual's fitness, health and overall well-being. Fitness training methods will be examined for each component of physical and skillrelated fitness. The selection of appropriate training methods for a selected individual and their application into a training programme will then be explored. To complete the assessment task within this unit, learners will need to draw on learning from across the programme.

Unit 3 – Professional Development in the Sports Industry

In this unit, learners will research the different possible careers and the associated job roles in the sports industry, then action plan their development towards achieving a selected career aim.

Learners will analyse their own skills and identify how to develop them into a career through the use of a career plan. Learners will research their chosen career to understand how to access and progress within it. Learners will also take part in application and interview assessment activities for a selected career pathway, drawing on knowledge and skills from across the qualification to identify strengths and gaps in knowledge and skills.

Learners will evaluate their 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.

Unit 4 – Sports Leadership

This unit aims to develop learners confidence in a variety of different roles when leading sport. These roles range from coach, to official, to captain or personal trainer. Learners will be guided through the requirements of effective leadership and this will develop their knowledge and understanding of the leader's role, the key skills, qualities and characteristics. Learners will be required to take on the role of a leader and demonstrate the necessary range of skills for the selected leadership role independently and as part of a team, when planning and running an event.

Unit 7 – Practical Sports Performance

This unit gives learners the opportunity to improve their knowledge and practical ability in a selection of individual and team sports. Learners will develop their practical performance in selected sports, focusing on the application of skills, techniques and tactics and reflecting on their performance. This will be achieved through participation in practical activities, followed by a reflection on performance. Learners will have the opportunity to practise and refine

	<p>individual skills and techniques, investigating and experiencing different areas of tactics and techniques. The rules and regulations of the selected sports are also investigated, since an awareness of the rules can often lead to an improvement in performance. To complete the assessment tasks within this unit, learners will need to draw on their learning from across the programme of study.</p> <p style="text-align: center;"><u>Unit 10 – Sports Event Organisation</u></p> <p>In this unit, learners will develop their knowledge of the planning, promotion and delivery of different types of global sports events, as well as smaller-scale regional and local sports events. Learners will develop their own proposal for a sports event and present this for approval. Feasible and appropriate proposals will form the remit for the learner to implement a plan to deliver a sports event. Learners will execute the planning, promotion and delivery of this event. Learners will also carry out a review of the sports event, drawing on information collected both during and at the end of the event.</p> <p style="text-align: center;"><u>Unit 25 – Rules, Regulations and Officiating in Sport</u></p> <p>In this unit, Learners will gain an understanding of the rules and regulations in a selected sport and explore historical developments that have led to the change of rules and regulations, including factors that have, and could influence future change. As part of this unit learners will explore the changing roles of match/game officials in a selected sport, which will include the career opportunities at both amateur and elite levels. This exploration will support the learner to undertake the role of an officiator for a sport and apply the relevant sport’s National Governing Body (NGB) regulations. Learners will then assess their performance using a variety of assessment methods.</p> <p style="text-align: center;"><u>Unit 30 – Exercise, Health and Lifestyle</u></p> <p>In this unit, learners will build on their knowledge from Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing and delve deeper into the factors that make up a healthy lifestyle. Learners will investigate the relationship between physical, social and mental/emotional health and explore how small changes in daily lifestyle routines can have a big impact on the quality of life. Learners will then carry out a lifestyle assessment for an individual, planning a lifestyle programme for them and reviewing its impact.</p>
<p>Year 2 (Year 13)</p>	<p>During Year 13, students will complete the remaining 6 of the 14 units required to achieve the Extended Diploma award in Sport. Of the 6 units undertaken by learners, 4 will be internally assessed and the remaining 2 units will be externally assessed. Internal assessments are on-going throughout the year and external assessments will take place in May/June of that academic year.</p> <p style="text-align: center;"><u>Unit 19 – Development and Provision of Sport and Physical Activity</u></p> <p>Learners will investigate the relationship between sports development and commercialisation and its impact at different levels. This will increase their understanding of the sports industry, how sport is developed and its effects on wider sports development. Learners will</p>

learn how sports development agencies work to identify need, develop provision and the process they must follow to secure support for sports projects. To complete the assessment task within this unit, learners will need to draw on their learning from across your programme.

Unit 22 – Investigating Business in the Sport and Active Leisure Industry

In this unit, learners will investigate industry trends, changes and other developments such as technology, to explore how they can affect the performance, and ultimately the success, of businesses. Learners will use given data and other information to make recommendations on how a business should adapt and develop to take full advantage of market opportunities, while at the same time looking at how to reduce the potential effects of threats and risks. To complete the assessment task within this unit, learners will need to draw on their learning from across your programme.

Unit 5 – Application of Fitness Testing

In this unit, learners 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. Learners will explore a range of laboratory and field-based fitness tests and the administration process of each fitness test. Learners will consider the selection of appropriate tests for specific sports performers and demonstrate their ability to conduct a range of fitness tests in accordance with the safety and ethical requirements of fitness testing. Finally, learners will investigate the process of evaluating and comparing fitness test results to draw meaningful conclusions about a specific person's fitness.

Unit 8 – Coaching for Performance

In this unit, learners will develop coaching skills, knowledge, qualities and best practices, allowing for sessions to incorporate progression over time. Learners will develop their planning, delivery and reflection skills, as well as their ability to use a variety of coaching practices. Learners will explore different practices that could be used to develop sports performance. Learners will demonstrate their ability to coach a session to improve the performance of the athletes and then reflect on their impact as a coach. Learners will learn how to effectively evaluate the impact of their own coaching for the future development of the athlete and themselves as a coach.

Unit 9 – Research Methods

This unit begins with the learner developing a clear grasp of research, the different types of research, how to search for and read different examples of research, and the importance of this for emerging sports practitioners. Following on from this, learners will gain a clearer understanding of the different factors that can affect the quality of research, before progressing to understanding the importance of ethical research practices. Learners will finish the unit by developing practical skills in the use of different research methods.

	<p style="text-align: center;"><u>Unit 23 – Skill Acquisition in Sport</u></p> <p>In this unit, learners will develop an understanding of skilled performance and how an individual’s abilities contribute to the development of their skills. Learners will examine how sports performers are able to take information from their environment, for example their position, the positions of their opponents or the speed and trajectory of a ball, and then process this information so that they can produce a response in the form of a skilled movement. Learners will explore the key theories of how individuals learn skills and how new skills can be presented, using different strategies to facilitate their learning.</p>
Homework	<p>For each unit undertaken on this course, students will be assigned a minimum of one piece of homework weekly (5 pieces of homework over the course of the week). Homework tasks will be set on Show My Homework and these assigned tasks and scenarios will be used as a tool to assist students in completing assignments and preparing for examinations.</p> <p>In total, students should be completing at least 15 hours of additional study per week. Within their additional study time, students should aim to maximise their potential by using all available resources to gain a deeper insight into ideologies and concepts explored in lessons.</p>
Useful Resources	<p>Resources available to students to ensure success in this course includes:</p> <p style="text-align: center;"><u>Websites</u></p> <p>BrianMac Sports Coach (https://www.brianmac.co.uk/) British Journal of Sports Medicine (https://bjsm.bmj.com/) Google (https://www.google.com/) Mayo Clinic (https://www.mayoclinic.org/) Sport England (https://www.sportengland.org/) Teach PE (https://www.teachpe.com/) The American Journal of Sports Medicine (https://journals.sagepub.com/home/ajs) Top End Sport (https://www.topendsports.com/) Very Well Fit (https://www.verywellfit.com/) WebMD (https://www.webmd.com/)</p> <p style="text-align: center;"><u>Books</u></p> <p>Pearson BTEC National Sport Book 1 Pearson BTEC National Sport Book 2 Revise BTEC National Sport Units 1 and 2 Revision Guide Revise BTEC National Sport Units 19 and 22 Revision Guide Health Fitness Instructor’s Handbook (Fourth Edition), Human Kinetics Publishers by Edward T. Howley Human Anatomy & Physiology (10th Edition) by Elaine Marieb</p>

	<p>Anatomy and Human Movement: Structure and Function (Physiotherapy Essentials) by Roger Soames</p> <p>Fitness & Health (Sixth Edition) by Brian J. Sharkey</p> <p>Principles of Anatomy and Physiology (12th Edition) by John Wiley & Sons</p> <p>Working with Volunteers in Sport by Graham Cuskelly</p> <p>Preparing the Perfect CV by Kogan Page</p> <p>Successful Interview Skills by Kogan Page</p> <p>The Perfect Job Application by Kogan Page</p> <p>Sport and Fitness Uncovered by Trotman</p> <p>Careers in Sport by Kogan Page</p> <p>Coaching the Mental Game: Leadership Philosophies and Strategies for Peak Performance in Sports and Everyday Life by H. A. Dorfman</p> <p>The Sports Book: The Sports. The Rules. The Tactics. The Techniques by Dorling Kindersley</p> <p>Youth Leadership in Sport and Physical Education by Palgrave Macmillan</p> <p>Successful Coaching (Third Revised Edition), Human Kinetics by Rainer Martens</p> <p>The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness by Mark Coulson</p> <p>Sport Pedagogy: An Introduction for Teaching and Coaching by Kathleen Armour</p> <p>Qualitative Research in Physical Activity and the Health Professions by Pitney WA</p> <p>Successful Event Management: A Practical Handbook (Second Edition) by Sone A</p> <p>Managing Sport Facilities and Major Events by Westerbeek H</p>
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