Fakenham Sixth Form PE Department

BTEC Level 3 Sport - Learning Journey

Wrap up any loose ends and finalise aspects with your teacher.

May

Learning Aim C

Undertake evaluation and feedback of fitness test results.

Learning Aim A
Understand the principles of fitness

Learning Aim B
Explore fitness testing for different components of fitness

Unit 5
Application of Fitness Testing
Internal Assessment

Unit 2 Exam
Jan
2hr 30

Jan

Q6 - Justify the training programme you have designed.

Q5 - Design weeks 1,3 and 6 of a six week training programme for the selected individual.

Q4 - Provide and justify different training methods that meet the selected individuals training needs.

Q3 - Provide and justify nutritional guidance for the selected individual to meet their specific requirements.

Q2 - Provide and justify lifestyle modification techniques.

Q1 - Interpret the lifestyle factors and screening information for the selected individual.

Year 13
Sept

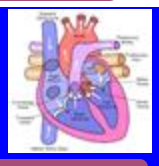
July
Unit 2
Fitness Training and Programming for Health, Sport and Wellbeing

Unit 1 Exam
May
1hr 30

May

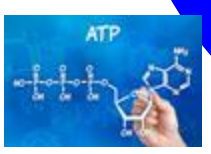
The effects of exercise and sports performance on the energy systems

The effects of exercise and sports performance on the Cardiovascular system



The effects of exercise and sports performance on the muscular system

Unit 1
Anatomy & Physiology



The effects of exercise and sports performance on the respiratory system

The effects of exercise and sports performance on the skeletal system

Jan

Learning Aim C
Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway

Learning Aim D
Reflect on the recruitment and selection process and your individual performance.

Launch and complete assignment 2

Launch and complete assignment 1

Year 12
Sept

Learning Aim B
Explore own skills using a skills audit to inform a career development action
Plan.

Learning Aim A
Understand the career and job opportunities in the sports industry

Unit 3
Professional Development in the Sports Industry