

Curriculum Overview – Year 12 Level 3 BTEC sport

Unit Title	Learning	How can parents best support?
<p>Half term 1</p> <p>Unit 1 – A: The effects of exercise and sports performance on the skeletal system</p>	<ul style="list-style-type: none"> • Understand how the bones of the skeleton are used in sporting techniques and actions. • Understand how the functions of the skeleton and bone types are used in sporting actions and exercise. • Understand how joints of the upper and lower skeleton are used in sporting techniques and actions. • Understand the responses and adaptations of the skeletal system to exercise. • Understand the impact of the skeletal system on exercise and sports performance and the impact of exercise and sports performance on the skeletal system 	<p>Ensure your son or daughter has an A4 ring binder to separate the topic areas studied.</p> <p>Provide a quiet place at home for independent study.</p> <p>Encourage your child to read around the units they are unfamiliar with to enhance their knowledge and understanding.</p> <p>Follow our department twitter account for regular updates @TSA_pedept</p>
<p>Half term 2</p> <p>Unit 1 – B: The effects of exercise and sports performance on the muscular system</p>	<ul style="list-style-type: none"> • Understand different types of muscles and their use in sport. • Major skeletal muscles and their combined use in a range of sporting actions. • Movement of muscles in antagonistic pairs and their use in a variety of sporting actions. • Understand skeletal muscle contraction in different sporting actions. • Understand fibre type recruitment during exercise and sports performance. • Understand the responses and adaptations of the muscular system to exercise. • Understand additional factors affecting the muscular system and their impact on exercise and sports performance. 	<p>Encourage your child to regularly access theeverleaner.com and complete retrieval activities for Unit 1.</p> <p>Course materials - https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</p>

<p>Half term 3</p> <p>Unit 1 – C: The effects of exercise and sports performance on the respiratory system</p>	<ul style="list-style-type: none"> • Learn about the structure and function of the respiratory system. • Understand the lung volumes and the changes that occur in response to exercise and sports performance. • Understand how breathing rate is controlled in response to exercise and sports performance. • Understand the responses and adaptations of the respiratory system to exercise. • Understand additional factors affecting the respiratory system and their impact on exercise and sports performance 	
<p>Half term 4</p> <p>Unit 1 – D: The effects of sport and exercise performance on the cardiovascular system</p>	<ul style="list-style-type: none"> • Learn about the structure and function of the cardiovascular system. • Understand the control of the cardiac cycle and how it changes during exercise and sports performance. • Understand the responses and adaptations of the cardiovascular system to exercise. • Understand additional factors affecting the cardiovascular system and their impact on exercise and sports performance. 	

<p>Half term 5</p> <p>Unit 1- E: The effects of exercise and sports performance on the energy systems</p>	<ul style="list-style-type: none"> • Understand the role of adenosine triphosphate (ATP) for muscle contraction for exercise and sports performance. • Understand the role of the ATP-PC system in energy production for exercise and sports performance. • Understand the role of the lactate system in energy production for exercise and sports performance. • Understand the role of the aerobic energy system in energy production for exercise and sports performance. • The impact of adaptation of the systems on exercise and sports performance. • Understand additional factors affecting the energy systems and their impact on exercise and sports performance. 	
<p>Half term 1</p> <p>Unit 2 – A: Examine lifestyle factors and their effect on health and well-being</p>	<ul style="list-style-type: none"> • Understand the importance of lifestyle factors in the maintenance of health and well-being. • Understand the factors contributing to an unhealthy lifestyle. • Understand how lifestyle modification techniques can be used to reduce unhealthy lifestyle behaviours 	

<p>Half term 2</p> <p>Unit 2 – B: Understand the screening processes for training programming</p>	<ul style="list-style-type: none"> • Be able to interpret the lifestyle of a selected individual using appropriate screening documentation, and know when to refer the individual to a doctor. • Be able to interpret health monitoring results of a selected individual using normative data and make appropriate recommendations. • Be able to interpret health monitoring data against health norms and make judgements. 	
<p>Half term 3</p> <p>Unit 2 – D: Examine training methods for different components of fitness</p>	<ul style="list-style-type: none"> • Physical fitness – understand the components of physical fitness and the application of each component in a fitness training context. • Understand the components of skill-related fitness and the application of each component in a fitness training context. • Learn about the training methods for physical fitness-related and skill related fitness components • Be able to select training methods to suit a range of individuals. 	

<p>Half term 4</p> <p>Unit 2 – E: Understand training programme design</p>	<ul style="list-style-type: none"> • Be able to design a fitness training programme including all the major components to suit a range of individuals. • Learn about the principles of training and their application. • Understand periodisation and how it is used to reach optimum performance. 	
<p>Half term 5</p> <p>Unit 2 – C: Understand programme-related nutritional needs</p>	<ul style="list-style-type: none"> • Understand common nutritional terminology. • Understand the requirements of a balanced diet. • Understand different strategies used on an individual basis. • Understand the use of ergogenic aids used in training programmes including positive and negative effects, and recommended timings. • Understand the use of sports drinks for different types of training requirements including recommended timings and amounts. 	