

BTEC National Extended Certificate in Sport Curriculum Summary

Activity	Unit / title	Core knowledge / links to previous and future learning	Formative (interim) assessment / homework	Formal assessment
Y12 September - February	Unit 4: Sports Coaching	<p>Core Knowledge - This unit aims to develop your confidence in a variety of different roles when leading sport. These roles range from coach, to official, to captain or personal trainer. You will be guided through the requirements of effective leadership and this will develop your knowledge and understanding of the leader's role, the key skills, qualities and characteristics. You 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.</p>	Milestone assessments	Internally assessed assignments.

Y12 February - July	Unit 2: Fitness Training and Programming for Health, Sport and Well-being	Core Knowledge - In this unit, you 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 you 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 skill-related 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, you will need to draw on your learning from across your programme.	Milestone assessments	External exam 2 ½ hour exam.
Y13 September - January	Unit 1: Anatomy and Physiology	Core Knowledge - Learners will be able to appreciate how each of these systems function, they will explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance. They will understand anatomy and physiology of each body system and their processes are very different but work together to produce movement. You 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	Milestone assessments	1 ½ hour exam
Y13 January - May	Unit 3: Professional Development in the Sports Industry	Core Knowledge - In this unit, you will research the different possible careers and the associated job roles in the sports industry, then action plan your	Milestone assessments	Internally assessed assignments.

		<p>development towards achieving a selected career aim. You will analyse your own skills and identify how to develop them into a career through the use of a career plan. You will research your chosen career to understand how to access and progress within it. You will take part in application and interview assessment activities for a selected career pathway, drawing on knowledge and skills from across the qualification to identify your own strengths and gaps in knowledge and skills. You will evaluate your 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.</p>		
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