

## BTEC National Diploma and Extended Diploma in Sport Curriculum Map Year 1

Dates	Unit Name (GLH)	Assessed by	Assignment titles	What will be covered
Sept-Jan	Unit 2: Fitness Training and Programming for Health, Sport and Well-being (120)	Case Study Exam; January:(PART A 9/12/2019, PART B 8/01/2020)	Exam Only: you will receive a case study before which you can write notes on to take into the exam.	<ul style="list-style-type: none"> <li>Examine lifestyle factors and their effect on health and well-being</li> <li>Understand the screening processes for training programming</li> <li>Understand programme-related nutritional needs</li> <li>Examine training methods for different components of fitness</li> <li>Understand training programme design</li> </ul>
Sept-Dec	Unit 7: practical sports performance (60)	2 assignments	Increase participation in Olympic individual and team sports	<ul style="list-style-type: none"> <li>Examine National Governing Body rules/laws and regulations for selected sports competitions</li> <li>Examine the skills, techniques and tactics required to perform in selected sports</li> </ul>
			Assessing performance in an individual and team sport	<ul style="list-style-type: none"> <li>Develop skills, techniques and tactics for sporting activity in order to meet sport aims</li> <li>Assessment methods to review the performance of the skills, techniques and tactics in the selected sports</li> </ul>
Sept - nov	Unit 9: Research Methods (60) EXTENDED DIPLOMA ONLY	2 assignments	Examining key research methods in a sporting field	<ul style="list-style-type: none"> <li>Understand the importance of research in sporting environments</li> <li>Examine key issues that impact on the effectiveness and quality of research in sport</li> </ul>
			Applying key research methods in a sporting field	<ul style="list-style-type: none"> <li>Apply appropriate research methods to a selected research problem in sport</li> </ul>

Nov - feb	Unit 17: Sports Injury Management (60) EXTENDED DIPLOMA ONLY	3 assignments	Physiological and psychological responses to sports injuries	<ul style="list-style-type: none"> <li>Understand common sports injuries and their associated physiological and psychological responses</li> </ul>
			Treating Sports Injuries	<ul style="list-style-type: none"> <li>Explore common treatment and rehabilitation method</li> </ul>
			Investigating risk factors	<ul style="list-style-type: none"> <li>Investigate risk factors which may contribute to sports injuries and their associated prevention strategies</li> </ul>
Dec-may	Unit 1: anatomy and physiology (120)	External Assessment	Exam Only	<ul style="list-style-type: none"> <li>The effects of exercise and sports performance on the skeletal system</li> <li>The effects of exercise and sports performance on the muscular system</li> <li>The effects of exercise and sports performance on the respiratory system</li> <li>The effects of sport and exercise performance on the cardiovascular system</li> <li>The effects of exercise and sports performance on the energy systems</li> </ul>
Jan - June	Unit 4: Sports Leadership (60)	2 assignments	investigating appropriate leadership strategies	<ul style="list-style-type: none"> <li>Understand the roles, qualities and characteristics of an effective sports leader</li> <li>Examine the importance of psychological factors and their link with effective leadership</li> </ul>
			Applying appropriate leadership strategies	<ul style="list-style-type: none"> <li>Explore an effective leadership style when leading a team during sport and exercise activities</li> </ul>
Feb - June	Unit 5: application of fitness testing (60) EXTENDED DIPLOMA ONLY	2 assignments	investigating and implementing fitness testing practices	<ul style="list-style-type: none"> <li>Understand the principles of fitness testing</li> <li>Explore fitness tests for different components of fitness</li> </ul>
			Application of fitness testing	<ul style="list-style-type: none"> <li>Undertake evaluation and feedback of fitness test results</li> </ul>

## BTEC National Diploma and Extended Diploma in Sport Curriculum Map Year 2

Dates	Unit Name (GLH)	Assessed by	Assignment titles	What will be covered
June - oct	Unit 8: Coaching for performance (60)	3 assignments	Investigating the coaching role and applying personal reflective practice	<ul style="list-style-type: none"> <li>Skills and knowledge for coaching for performance</li> </ul>
			Investigating coaching practices to develop sporting skill, technique and tactical ability	<ul style="list-style-type: none"> <li>Explore practices used to develop skills, techniques and tactics for performance</li> </ul>
			Applying and reviewing effective coaching practice	<ul style="list-style-type: none"> <li>Demonstrate effective planning of coaching for performance</li> <li>Explore the impact of coaching for performance</li> </ul>
June - Jan	Unit 22: Investigating business in the sport and leisure industry (90)	External Assessment	Case Study Exam	Features of sports and active leisure businesses (business operations) Business models in sport and active leisure Human resources Marketing Finance in sport and active leisure industry Trends in the sport and active leisure industry
June - Jan	Unit 19: Development and Provision of sport and physical activity (120) EXTENDED DIPLOMA ONLY	External Assessment	Case Study Exam	<ul style="list-style-type: none"> <li>Principles of sports development</li> <li>Wider sports development</li> <li>Media and commercialisation in sport</li> <li>Proposal writing</li> </ul>

Nov -feb	Unit 3: Professional development in the sports industry (60)	2 assignments	Careers in sport	<ul style="list-style-type: none"> <li>• Understand the career and job opportunities in the sports industry</li> <li>• Explore own skills using a skills audit to inform a career development action plan</li> </ul>
			Applying for a job in the sports industry	<ul style="list-style-type: none"> <li>• Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</li> <li>• Reflect on the recruitment and selection process and your individual performance</li> </ul>
Jan -June	Unit 23 Skill acquisition in sport (90)	3 assignments	Producing Skilled Performance	<ul style="list-style-type: none"> <li>• Investigate the nature of skilled performance</li> <li>• Examine ways that sport performers process information for skilled performance</li> </ul>
			Teaching and Learning in Sport Presentation	<ul style="list-style-type: none"> <li>• Explore theories of teaching and learning in sport</li> </ul>
			Demonstrating Teaching and Learning Strategies	<ul style="list-style-type: none"> <li>• Carry out teaching and learning strategies for sports skills</li> </ul>
Feb - June	Unit 6: sports psychology (60)	3 assignments	Investigating psychological principles affecting sports performance	<ul style="list-style-type: none"> <li>• Understand how personality, motivation and competitive pressure can affect sport performance</li> </ul>
			Investigating group dynamics and its effect on sports performance	<ul style="list-style-type: none"> <li>• Examine the impact of group dynamics in team sports and its effect on performance</li> </ul>
			Developing a psychological skills training programme	<ul style="list-style-type: none"> <li>• Explore psychological skills training programmes designed to improve performance</li> </ul>

Jan - June	Unit 25 Rules, Regulations and officiating in Sport (60) EXTENDED DIPLOMA ONLY		Roles and responsibilities of officials	<ul style="list-style-type: none"> <li>• Understand the development of the roles and responsibilities of the officials involved in sport</li> </ul>
			The performance of officials	<ul style="list-style-type: none"> <li>• Explore the performance of officials in a selected sport</li> </ul>
			Demonstrating your officiating skills	<ul style="list-style-type: none"> <li>• Undertake the role of a match official in a competitive sport</li> </ul>