



# Edgbarrow School

## Year 12

### BTEC Sport (Diploma)



#### Curriculum Intent

*To provide students with the practical and theoretical knowledge of the ever-changing world of the Sporting Society and Physical Activity, develop appropriate skills and attributes to go out into the Sporting Industries to be successful employees and leaders whilst promoting Physical, Social and Mental Wellbeing and lifelong participation.*

#### ○ What am I studying this year and how and when will I be assessed?

Knowledge & Skills	Time of year	Assessment	Homework
<b>Unit 2 – Functional Anatomy</b> Learners explore how the anatomy of the cardiovascular, respiratory, skeletal and muscular systems function to produce movements in sport and exercise.	January Exam	External assessment in January 60 mark 1.5 hours.	When we do the exam unit we will set revision homework 1x a week which will either be independent learning or exam-style questions to complete.
<b>Unit 1 – Sport and Exercise Physiology</b> Learners explore how the anatomy of the cardiovascular, respiratory, skeletal and muscular systems function to produce movements in sport and exercise.	January Exam	External assessment in January 60 mark 1.5 hours.	
<b>Unit 3 – Applied Sport and Exercise Psychology</b> This unit covers the major psychological factors that can affect performers in sport and exercise environments, and the interventions that can promote an appropriate mindset.	May Exam	External assessment in May is a 3-hour essay-based exam.	
<b>Unit 4 – Field &amp; Laboratory-based fitness testing</b> Learners will develop the knowledge and ability to plan, deliver and evaluate coaching sessions that promote athletes' technical, tactical and fitness performance.	Internally assessed coursework unit. See assessment plan for dates. Interim deadlines for learning aims.		Coursework catch-up will be set weekly for any coursework not completed in lessons.

#### Year 12 Exam Week: January

#### You need to revise the following:

##### Unit 1 – Sport and Exercise

- Physiology
- Response of the body's systems
- Fatigue and recovery
- Adaptations to systems
- Environmental factors

##### Unit 2 – Functional Anatomy

- Anatomical positions, terms and references
- Anatomy of the cardiovascular system
- Anatomy of the respiratory
- Anatomy of the skeletal system
- Anatomy of the muscular system
- Analysis of musculoskeletal systems and how they produce movement in sport

##### Unit 3 – Applied Sport and Psychology

- Motivation for sports and exercise
- Competitive pressure in sport
- Effects of self-confidence, self-efficacy and self-esteem on sport and exercise performance
- Mindset in sport and exercise performance
- Group dynamics in sport
- Psychological interventions for sports performance and exercise

This can all be accessed from: Exercise books/folders, Revision guides.

#### Marking for literacy

(Longer answers and written work will be marked for at least one of the below, your teachers will tell you which)

Sp – Spelling mistake of key term  
// - Needed new paragraph  
C – Capital letter missing  
P – Punctuation needed  
Expr- Expression

#### Students will demonstrate pride in their work by:

- Presenting information clearly and neatly to aid learning
- Using a title and date for all work including homework
- Underlining all dates and titles using a ruler
- Writing in blue or black pen
- Completing drawings and diagrams in pencil
- Glue in sheets flat and in order
- Annotating work and making corrections in coloured pens
- Crossing out mistakes neatly with a line
- Highlighting key words and concepts