

# BTEC Sport

## Module 1

**Topic Title:** Unit 3: Applying the principles of personal training. Unit 1: Fitness for Sport and Exercise

**Brief Summary of Content Studied:**

Unit 1: Components of Physical and Skill Related Fitness, FITT and Additional Principles of Training  
Unit 3: Independently plan and design a six week personal training programme.

**Knowledge Organiser:**

<https://docs.google.com/presentation/d/1gell-wom6UvQkloHjSf3iV6k-6ix1O1Y/edit#slide=id.p2>

**Other resources and reading:**

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

## Module 2

**Topic Title:** Unit 3: Applying the principles of personal training. Unit 1: Fitness for Sport and Exercise

**Brief Summary of Content Studied:**

Unit 1: Explore different fitness training methods along with understanding the advantages and disadvantages. Unit 3: Describe the structure and function of the musculoskeletal and cardiorespiratory system.

**Knowledge Organisers:**

<https://docs.google.com/presentation/d/1bvOKVcbuL-DBCjFPGkCGJFaagXEGOs kj/edit#slide=id.p1>

<https://docs.google.com/document/d/1Tiiqsr5-F6dZb0bLSP3JFx3zJ8FjOh y1YI4LTTqFZtw/edit>

**Other resources and reading:**

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

## Module 3

**Topic Title:** Unit 3: Applying the principles of personal training. Unit 1: Fitness for Sport and Exercise

**Brief Summary of Content Studied:**

Unit 1: Investigate fitness testing to determine fitness levels. Learners must understand fitness testing methods, the importance of fitness testing, administration of each test and interpretation of fitness test results. Unit 3: Learners should aim to safely implement a self designed personal fitness training programme and then review this programme.

**Knowledge Organiser:**

<https://docs.google.com/presentation/d/1gell-wom6UvQkloHjSf3iV6k-6ix1O1Y/edit#slide=id.p2>

**Other resources and reading:**

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

# BTEC Sport

## Module 4

**Topic Title:** Unit 6: Leading Sport's Activities Unit 1: Fitness for Sport and Exercise (For retake Purposes)

**Brief Summary of Content Studied:**

Unit 1: One single lesson dedicated to continue the content of unit 1 so that knowledge and practice is maintained in case a retake opportunity is needed. Unit 6: Explain and evaluate the attributes required for, and responsibilities of sports leadership

**Knowledge Organiser:**

[https://docs.google.com/document/d/1q\\_WYgB49StdbTW8sSobHEMBS3-yPIAdbBMqRppRupcw/edit](https://docs.google.com/document/d/1q_WYgB49StdbTW8sSobHEMBS3-yPIAdbBMqRppRupcw/edit)

**Other resources and reading:**

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

## Module 5

**Topic Title:** Unit 6: Leading Sport's Activities Unit 1: Fitness for Sport and Exercise (For retake Purposes)

**Brief Summary of Content Studied:**

Unit 1: One single lesson dedicated to continue the content of unit 1 so that knowledge and practice is maintained in case a retake opportunity is needed. Unit 6: Leading Sport's Activities Unit 1: Fitness for Sport and Exercise (For retake Purposes)

**Knowledge Organiser:**

[https://docs.google.com/document/d/1q\\_WYgB49StdbTW8sSobHEMBS3-yPIAdbBMqRppRupcw/edit](https://docs.google.com/document/d/1q_WYgB49StdbTW8sSobHEMBS3-yPIAdbBMqRppRupcw/edit)

**Other resources and reading:**

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

## Module 6

**Topic Title:** Unit 6: Leading Sport's Activities Unit 1: Fitness for Sport and Exercise (For retake Purposes)

**Brief Summary of Content Studied:**

Unit 6: Review the planning and leading of sports activities.

**Knowledge Organiser:**

[https://docs.google.com/document/d/1q\\_WYgB49StdbTW8sSobHEMBS3-yPIAdbBMqRppRupcw/edit](https://docs.google.com/document/d/1q_WYgB49StdbTW8sSobHEMBS3-yPIAdbBMqRppRupcw/edit)

**Other resources and reading:**

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>