

# BTEC Sport

## Module 1

### Topic Title:

**Unit 1** - Anatomy & Phys **Unit 2** - Fitness training **Unit 3** - Professional development **Unit 4** - Sports leadership

### Brief Summary of Content Studied:

**Unit 1** - Understand the structure and function of the skeletal system, understand how joints of the upper and lower skeleton are used and understanding factors effecting the skeletal system. **Unit 2** - Understand the positive and negative lifestyle factors and their effect. **Unit 3** - Explain the different career pathways, the associated job opportunities and their requirements in the sports. industry. **Unit 4** - Discuss the skills, qualities and characteristics of three different leadership roles in different sport and exercise activities or environments.

### Knowledge Organiser:

<https://docs.google.com/presentation/d/1sXXFWFUSHfJQyt8DD2G9JpDnBmau-h-V/edit#slide=id.p1>

### Other resources and reading:

<https://www.amazon.co.uk/BTEC-Nationals-Sport-Student-Activebook/dp/1292134003>

## Module 2

### Topic Title:

**Unit 1** - Anatomy & Phys **Unit 2** - Fitness training **Unit 3** - Professional development **Unit 4** - Sports leadership

### Brief Summary of Content Studied:

**Unit 1** - Understand the functions of different muscles, location, antagonistic pairs, muscle contractions, fibre types, adaptations and factors effecting muscles. **Unit 2** - Understand the screening process, health monitoring tests, nutritional terminology, components of a balanced diet and nutritional strategies for individuals **Unit 3** - Explain how selected sports industry career matches own personal skills audit outcomes. **Unit 4** - Understand how key psychological factors may affect sports leadership within different sport and exercise activities or environments

### Knowledge Organiser:

<https://docs.google.com/presentation/d/1sXXFWFUSHfJQyt8DD2G9JpDnBmau-h-V/edit#slide=id.p1>

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# BTEC Sport

## Module 3

### Topic Title:

**Unit 1** - Anatomy & Phys **Unit 2** - Fitness training **Unit 3** - Professional development **Unit 4** - Sports leadership

### Brief Summary of Content Studied:

**Unit 1** - The structure and function of the respiratory system, responses during exercise, adaptations of the respiratory system. **Unit 2** - Components of fitness to be trained, components of skill related, training methods available, programme designing for all fitness training methods. **Unit 3** - Prepare and participate in selection interviews and application processes. Review own performance during the interviewing process supported by a SWOT analysis. **Unit 4** - Demonstrate a chosen leadership style using appropriate skills when leading a group and reviewing the impact of these leadership styles.

### Knowledge Organiser:

<https://docs.google.com/presentation/d/1sXXFEWfUSHfJQyt8DD2G9JpDnBmau-h-V/edit#slide=id.p1>

### Other resources and reading:

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## Module 4

### Topic Title:

**Unit 1** - Anatomy & Phys **Unit 2** - Fitness training **Unit 3** - Professional development **Unit 4** - Sports leadership

### Brief Summary of Content Studied:

Structure of the cardiovascular system, Function of the cardiovascular system, Nervous control of the cardiac cycle, Responses of the cardiovascular system to a single sport or exercise session, Adaptations of the cardiovascular system to exercise, Additional factors affecting the cardiovascular system. **Unit 7** - Summarise how participants comply with the rules/laws and regulations in individual and team sports. Discuss the skills, techniques and tactics required in two different sports. **Unit 8** - Explain the skills, knowledge, qualities and best practice of a performance coach, reflecting on personal coaching ability.

### Knowledge Organiser:

[https://docs.google.com/presentation/d/1TbOMIjQ8nVPst4uwe96TOGy5IN-kG\\_eF/edit#slide=id.p1](https://docs.google.com/presentation/d/1TbOMIjQ8nVPst4uwe96TOGy5IN-kG_eF/edit#slide=id.p1)

### Other resources and reading:

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# BTEC Sport

## Module 5

### Topic Title:

**Unit 1** - Anatomy & Phys **Unit 2** - Fitness training **Unit 3** - Professional development **Unit 4** - Sports leadership

### Brief Summary of Content Studied:

The role of ATP in exercise, The ATP-PC (alactic) system in exercise and sports performance, The lactate system in exercise and sports performance, The aerobic system in exercise and sports performance, Adaptations of the energy system to exercise. **Unit 7** - "Demonstrate in a competitive situation or conditioned practice the appropriate combination of skills, techniques and tactics from isolated practices for an individual and a team sport." **Unit 8** - Explain practices to develop skills, techniques and tactics for sports performance.

### Knowledge Organiser:

[https://docs.google.com/presentation/d/1TbOMLJq8nVPst4uwe96TOGy5IN-kG\\_eF/edit#slide=id.p1](https://docs.google.com/presentation/d/1TbOMLJq8nVPst4uwe96TOGy5IN-kG_eF/edit#slide=id.p1)

### Other resources and reading:

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## Module 6

### Topic Title:

**Unit 1** - Anatomy & Phys **Unit 2** - Fitness training **Unit 7** - Practical sports **Unit 8** - Sports coaching

### Brief Summary of Content Studied:

Learning aims A-E content revised in preparation for exam. **Unit 7** - "Discuss the selected assessment methods used to review a practical sports performance. Discuss own performance using different assessment methods and feedback from others in an individual and a team competitive sport. " **Unit 8** - "Produce a detailed plan for an individual performance coaching session that reflects planning considerations and an overall series plan. Deliver your individual performance coaching session showing consideration of health and safety factors. "

### Knowledge Organiser:

[https://docs.google.com/presentation/d/1TbOMLJq8nVPst4uwe96TOGy5IN-kG\\_eF/edit#slide=id.p1](https://docs.google.com/presentation/d/1TbOMLJq8nVPst4uwe96TOGy5IN-kG_eF/edit#slide=id.p1)

### Other resources and reading:

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