

BTEC SPORT EXTENDED DIPLOMA CURRICULUM MAP



SIR WILLIAM ROBERTSON
ACADEMY

UCAS
Apply for University
through UCAS or
alternative post 18
Sport courses



UNIT 27 OUTDOOR EDUCATION

Understanding different types of activities in outdoor sector
Factors affecting the growth of the outdoor sector
Keeping participants safe in an outdoor environment
Participating in a range of outdoor adventure activities
Planning and leading a residential European visit
Reviewing the benefits of outdoor adventure activities

UNIT 10 SPORTS EVENT ORGANISATION

Types of sports events
Planning & promoting events
Planning whole school events
Reviewing and reflecting
Making an impact in our school by organising mini and whole school events
Developing skills to lead a large event

UNIT 4 SPORTS LEADERSHIP

Different leadership roles
Skills and qualities of a leader
Effective characteristics when leading
Psychological factors that impact leadership
Leading a sporting activity

UNIT 2 FITNESS TRAINING SCENARIO

Positive and negative lifestyle factors
Lifestyle modification techniques
Health monitoring tests
Diet and dietary recommendations
Training methods applied to a scenario

**Unit 2
EXAM**

REVISION
Unit 2 & 19

EXAMS
Unit 2 & 19

**Unit 19
EXAM**

UNIT 19 DEVELOPMENT OF SPORT

Sports development – participation barriers and solutions
Stakeholders and measuring sports development
Wider sports development and commercialization of sport
Media in sport and commercialization

UNIT 3 PROFESSIONAL DEVELOPMENT

Provision & Careers
Training & CPD
Job applications & Interviews

Further Study

Sports Science / Sports Coaching / Sports Medicine /
Physiotherapy / Sports Analysis / Leisure Management /
Sports Nutrition

Career Paths

Fitness Instructor / Armed Forces / Police Force /
Paramedic / PE Teacher / Sports Development Officer

Skills

Respect / Active Lifestyle / Sustained Resilience /
Communication / Confidence / Applying Skills /
Rehearsal of skills / Leadership / Organisation

Interest

A lifelong passion for physical activity to ensure physical,
social and mental wellbeing.



PRACTICAL INVOLVEMENT Y12/13

Students buddy with teacher
Students attach KS3 class to
develop leadership thru year

FOOTBALL ACADEMY

4 Hours additional study
Performance based units
Competitive football matches

LEADERSHIP ACADEMY

4 hours additional study
16 extra UCAS points
Community leadership experiences



REVISION
Unit 1 & 22

EXAMS
Unit 1 & 22

**Year
13**

UNIT 23 ACQUIRING SKILL

Learning & skill
Skill & ability
Information processing
Perception & decision making
Feedback
Behaviour theory
Practice, learning & guidance

UNIT 9 RESEARCH METHODS

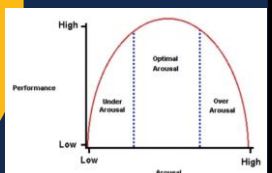
Types of research
Validity & reliability
Ethics
Qualitative data
Quantitative data

UNIT 6 PSYCHOLOGY

Personality & motivation
Competitive pressure
Group dynamics
Effective leadership
Mental skills training

UNIT 1 ANATOMY

Structure of cardio-vascular system
Functions of cardio-vascular system
Cardiac cycle



UNIT 7 PRACTICAL SPORT

NGB rules
Roles of officials
Tactical demands of sport
Safe participation in sport

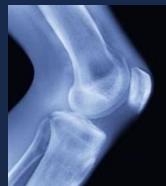
UNIT 5 FITNESS TESTING

Types of fitness tests
Validity & reliability
Planning tests
Fitness profiles
Feedback

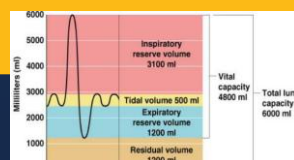


UNIT 1 ANATOMY

Types of muscles
Major muscles
Movement patterns
Antagonistic muscles
Fibre types
Adaptations
Muscle changes

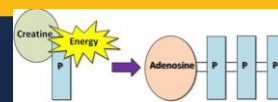


Structure of respiratory system
Functions
Lung volumes
Breathing control
Responses to exercise
Adaptations



UNIT 1 ANATOMY

The role of ATP
ATP-PC system
Lactic acid system
Aerobic System
Fuel sources
Krebs cycle



**Unit 1
EXAM**

UNIT 22 BUSINESS

Features of business
Aims of business
Sports provision
Customer groups
Human resources
Marketing
Finance
Trends

UNIT 8 COACHING

Coaching for performance
Qualities of a good coach
Best practices & tactics for performance
Planning a coaching session
Delivering a series of coaching sessions
Reflecting on your coaching



UNIT 1 ANATOMY

Structure of skeletal system
Function of skeletal system
Joints & movements
Skeletal diseases
Exercise & skeletal growth



6 WEEKLY INTERNAL
ASSESSMENTS TO TRACK
PUPIL PROGRESS

**Year
12**

**Unit 22
EXAM**



A01/2

A03

A04

CONN A05 IS

Demonstrating knowledge & understanding

Analysing practical situations

Evaluating practical situations

Making connections with systems