

Curriculum Overview / Intent BTEC Level 3 Extended Certificate in Sport				
<p>Rationale: In Year 13, students study a range of units which are assessed via external assessments and internal coursework. Students will develop on prior knowledge from Year 12 to examine and apply their knowledge to more practical settings and environments. Students will have one exam and one internally assessed unit. The exam unit is based on the concepts of assessing and designing a training program based on a set scenario from the exam board. The internally assessed unit is designed as a research unit to find out what other opportunities there are in the sports industry that is not participating, with their finding being presented in an essay. The other tasks are based on employability, where students apply for a job in a sports industry of their choice and have to be interviewed for a job.</p>				
Term / Length of Unit	Outline	Assessment (See BTEC Assessment Plan for Specific Dates)	Wider Learning Opportunities	Knowledge & Skills
Unit 3: Professional Development in the Sports Industry 12 Weeks	<p>In learning aims A & B, learners will carefully consider, and give reasons to support, arguments as to how their own skills to a selected career, following an investigation into the scope, opportunities and requirements for employment in two contrasting sports industry career pathways. Learners’ investigations of contrasting career pathways will cover aspects such as the specific skills, qualities, qualifications and training routes that are required, as well as broader aspects such as the associated industry standards and regulatory bodies. Learners must articulate their arguments coherently with reference to sources of information. Following this, learners will select one career pathway that most closely aligns to their own interests and they will compare their own skills audit with the gaps they need to pursue through professional development. They will then evaluate their personal knowledge of and skills levels in these specific areas, making justified suggestions of development aims and specific actions to achieve these aims. Recommendations will be supported by reference to sources of information from regulatory and training organisations.</p>	Assignment 1 - Careers in Sport	<ul style="list-style-type: none"> ➤ Extra-Curricular Activities ➤ Core PE ➤ Coaching Workshops ➤ Educational Visits ➤ Educational Videos 	<p>Knowledge</p> <ul style="list-style-type: none"> ➤ Independent Research ➤ Jobs in Sport ➤ Skills and Attributes ➤ Self-Analysis ➤ Psychological Factors <p>Skills</p> <ul style="list-style-type: none"> ➤ Communication & SPAG ➤ Compare & Contrast ➤ Analysing Skills ➤ Spoken Language ➤ Time Keeping ➤ Organisation ➤ Interview Skills <p>Writing to persuade</p>

Hedingham School PE Department – Year 13

<p>Unit 3: Professional Development in the Sports Industry</p> <p>14 Weeks</p>	<p>In learning aim C & D, learners will make an individual, detailed evaluation of the application documents. The report will reach a reasoned conclusion on whether or not the interview documents were effective and if they fully supported the interview and assessment activity. It will also include a balanced evaluation, highlighting how well the processes were related to professional best practice. Learners will draw on a range of feedback (from own reflection, and peer review) to provide a detailed evaluation of their own performance in all aspects of the interview assessment activities. They will consider the appropriateness, significance and advantages/disadvantages of the selection of activities they performed, and to the responses they gave to questioning from peers. Learners will then consider the strengths or weaknesses of their performance, supported by well-considered examples based on their research of the knowledge, skills and qualities required for a job in their selected career pathway. Learners will offer a detailed conclusion as to how their preparation for, and performance in, interview assessment activities will support career progression.</p>	<p>Assignment 2 - Applying for a Job in the Sports Industry</p>	<ul style="list-style-type: none"> ➤ Extra-Curricular Activities ➤ Core PE ➤ Coaching Workshops ➤ Educational Visits ➤ Educational Videos 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> ➤ Independent Research ➤ Jobs in Sport ➤ Skills and Attributes ➤ Self-Analysis ➤ Psychological Factors <p><u>Skills</u></p> <ul style="list-style-type: none"> ➤ Communication & SPAG ➤ Compare & Contrast ➤ Analysing Skills ➤ Spoken Language ➤ Time Keeping ➤ Organisation ➤ Interview Skills ➤ Writing to persuade
<p>Unit 2: FITNESS TRAINING AND PROGRAMMING FOR HEALTH, SPORT AND WELL-BEING</p>	<p>This unit will be assessed under supervised conditions. Learners will be given a case study one week before the supervised assessment period to carry out preparatory work. Students will have four hours to prepare notes based on the information given to them by the exam board and use their knowledge of the topics below</p> <p>A Examine lifestyle factors and their effect on health and well-being B Understand the screening processes for training programming C Understand programme-related nutritional needs D Examine training methods for different components of fitness</p>	<p>Synoptic Exam – students get 4hours monitored preparation time followed by a 2.5-hour exam 1 week later</p> <p>The supervised assessment period is a maximum of 2.5 hours as timetabled by Pearson. During the assessment learners will be given a task that will assess their ability to interpret lifestyle factors and health screening data from a</p>	<ul style="list-style-type: none"> ➤ Extra-Curricular Activities ➤ PE lessons ➤ Fitness Workshops ➤ Educational Video ➤ Online Seminars 	<p><u>Knowledge:</u></p> <ul style="list-style-type: none"> ➤ Functions of the Body’s Systems ➤ Heart, Lungs, Skeleton, Muscles & Energy Systems ➤ Exercise Intensity ➤ Types of Exercise ➤ Diet and lifestyle ➤ Fatigue & Recovery <p><u>Skills:</u></p> <ul style="list-style-type: none"> ➤ Communication & SPAG ➤ Evaluation ➤ Spoken Language ➤ Time Keeping

	E Understand training programme design	scenario and stimulus information in order to develop and justify a fitness training programme and nutritional advice based on these interpretations. Pearson sets and marks the task. Exam series – January or May		➤ Organisation
				➤