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|  | **Year 12** | **Year 13** |
| Cycle 1 | **Unit 1 - ANATOMY AND PHYSIOLOGY****A** The effects of exercise and sports performance on the Skeletal system**B** – the effects of exercise and sports performance on the muscular system **C** the effects of exercise and sports performance on the respiratory system **D** effects of sport and exercise performance on the cardiovascular system**E** the effects of exercise and sports performance on the energy system**Unit 2 - FITNESS TRAINING AND PROGRAMMING FOR HEALTH, SPORT AND WELL-BEING****A** – examine lifestyle factors and their effect on health- positive/negatives**B** – understanding the screening process/health tests**C** – nutritional strategies for individuals taking part in training programmes**D** examine training methods for different components of fitness**Exam January – Unit 1/Unit 2** | **Unit 4 – SPORTS LEADERSHIP**A – understand the roles, qualities, and characteristics of an effective sports leader.B – Examine the importance of psychological factors and their link with effective leadership**Unit 7 – PRACTICAL SPORTS PERFORMANCE****A:** Examine National Governing Body rules/laws and regulations for selected sports competitions**B:** Examine the skills, techniques and tactics required to perform in selected sports**Coursework assessment**  |
| Cycle 2 | **Unit 5 - APPLICATION OF FITNESS TESTING****A** – understanding the principles of fitness testing**B** – Explore fitness tests for different components of fitness **C** – undertake evaluation and feedback of fitness test results. **Unit 3 -PROFESSIONAL DEVELOPMENT IN THE SPORTS INDUSTRY****A** – understand the career and job opportunities in the sports industry**B**  - Explore own skills using a skills audit to inform a career development plan**C** – undertake a recruitment activity to demonstrate the processes that can lead to a successful job in a selected pathway. **D** – reflect on the recruitment and selection process and your individual performance.  | **Unit 4 – SPORTS LEADERSHIP**C – explore an effective leadership style when leading a team during sport and exercise activity **Unit 7 – PRACTICAL SPORTS PERFORMANCE****C:** Develop skills, techniques and tactics for sporting activity in order to meet sport aimsD: Reflect on own practical performance using selected assessment methods**Unit 10 – sports event organisation****A:** Investigate how different types of sports events are planned and delivered |
|  | **Coursework assessment**  | **Coursework assessment** |
| Cycle 3 | **Unit 5 - APPLICATION OF FITNESS TESTING****A** – understanding the principles of fitness testing**B** – Explore fitness tests for different components of fitness **C** – undertake evaluation and feedback of fitness test results. **Unit 3 -PROFESSIONAL DEVELOPMENT IN THE SPORTS INDUSTRY****A** – understand the career and job opportunities in the sports industry**B**  - Explore own skills using a skills audit to inform a career development plan**C** – undertake a recruitment activity to demonstrate the processes that can lead to a successful job in a selected pathway. **D** – reflect on the recruitment and selection process and your individual performance. | **Unit 10 – sports event organisation**B**:** Develop a proposal for a sports event for implementation approval C: Undertake the planning, promotion anddelivery of a sports event**D:** Review the planning, promotion and delivery of a sports event and reflect on your own performance |
|  | **Coursework assessment** | **Coursework assessment** |