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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 aims  D: 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 and  delivery 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** | |