

## Sandbach School PE Curriculum:

# Y12 BTEC Sport and Exercise Science Curriculum Sequence

Intent: To embed knowledge and understanding in BTEC Sport and Exercise Science and become comfortable operating practically within a sporting/coaching setting

### Term 1

Technology in Sport and Exercise Science

Sociocultural issue in Sport

Coaching for Performance and Fitness

### Term 2

Nutrition for Sport and Exercise Performance

Applied Sport and Exercise Psychology

Coaching for Performance and Fitness

### Term 3

Sports Massage

Biomechanics in Sport

#### Why start here?

Technology in sport is a unit that ensure students start to develop the ability to provide sporting context and application of ideas within a practical setting. These are ideas that are explored throughout the whole course

Sociocultural issues in sport ensure pupils are given a context of the current sporting landscape and the steps that have been taken to get there .

Coaching for performance requires time for pupils to embed themselves within a year 7 PE group, they need time to develop coaching skills and confidence within this area.

#### Spec links:

Unit 12: Learning Aim A: Understand the social theories used to study and interpret sport and exercise in society  
Unit 12: Learning Aim B: Investigate the historical and cultural changes and the social and ethical issues that have impacted on sport and exercise development in the UK  
Unit 12: Learning Aim C: Investigate the relationships between commercialism, the media and sport and exercise  
Unit 6: Investigate coaching for performance and fitness  
Unit 6: Explore practices, adaptations and measures used to develop performance and fitness  
Unit 6: Demonstrate effective planning of coaching to develop performance and fitness  
Unit 6: Explore the impact of coaching for performance and fitness

#### Teaching these topics here supports:

The ability to understand how to put knowledge of sport into a sporting context which is essential to success on the BTEC course  
Teaching of Applied Sport and Exercise Psychology  
Applied Research Methods in Sport and Exercise Science

#### These topics feed from:

2.13 – Ethical and sociocultural issues in sport (GCSE Spec)  
2.1B – Commercialisation in Sport (GCSE Spec)  
1.2A - Components of fitness (GCSE Spec)  
1.2B – Principles of training and training types (GCSE Spec)

#### Why move onto these units?

Teaching of the two externally assessed units allows students the opportunity to sit those exams in the summer season.

Coaching for performance and fitness continues to be an important component with time required to ensure pupils continue to develop the key coaching skills and competencies.

#### Spec links:

Unit 13: Demonstrate knowledge and understanding of nutritional principles, strategies and concepts  
Unit 13: Apply knowledge and understanding of nutritional principles, strategies and concepts to sport and exercise performance in context.  
Unit 13: Analyse and evaluate information and data relating to an individuals needs in order to determine modifications and guidance to improve sport and exercise performance  
Unit 13: Be able to develop and adapt a nutritional programme in context and with appropriate justification  
Unit 3: Demonstrate and apply knowledge and understanding of psychological factors, concepts, interventions and theories in sport and exercise activities.  
Unit 3: Analyse and Evaluate information related to individuals or teams to determine appropriate interventions  
Unit 3: Be able to recommend psychological interventions underpinned by theory and in context with appropriate justification.

#### Teaching these topics here supports:

Sports and Exercise Physiology  
Functional Anatomy  
Specialised Fitness Training  
Sports Massage

#### These topics feed from:

Technology in Sport and Exercise Science  
Sociocultural Issues in Sport

#### Why move onto these units?

Sports massage provides key knowledge in preparation for Units 1 and 2 in Year 13. Teaching at this time also allows us to work closely with a local employer to ensure their involvement in this unit. This also allows for key local employer involvement, feeding into the school careers programme.

Biomechanics also provides key knowledge in preparation for Units 1 and 2 in Year 13. This ensures pupils can practically apply this knowledge key for accessing higher levels within the course.

#### Spec links:

Unit 11: Understand the Sports Massage profession  
Unit 11: Undertake client consultation and assessment  
Unit 11: Carry out sports massage on a sports performer  
Unit 11: Examine the importance of sports massage to the sport and exercise performer  
Unit 7: Investigate linear motion in sport and exercise activities  
Unit 7: Examine forces acting on sports performers and their equipment  
Unit 7: Investigate angular motion in sport and exercise activities

#### Teaching these topics here supports:

Sport and Exercise Physiology  
Functional Anatomy

#### These topics feed from:

Nutrition for Sport and Exercise Performance  
Technology in Sport and Exercise Science  
1.1A – Skeleton  
1.1B - Muscles