

Y13 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

Sport and Exercise Physiology
Functional Anatomy

Term 2

Applied Research Methods in Sport and Exercise Science
Field and Lab Based Fitness Testing

Term 3

Specialised Fitness Training
Physical Activity for Individual and Group Based Exercise

Why start here?

Starting with these units allows pupils the chance to build on the knowledge that have acquired in year 12 to ensure success in the externally assessed units.

Teaching these units now allows pupils the opportunity to sit these exams in both the January and Summer exam series.

The knowledge acquired in this unit will be essential to complete the final 4 units of the course

Spec links:

Unit 1: Demonstrate knowledge and understanding of body systems and how they respond and adapt to exercise in different environments
Unit 1: Apply Knowledge and understanding of body systems and how they respond and adapt to exercise in different environments in context
Unit 1: Analyse sports performance data to interpret the body's responses and adaptations to exercise and evaluate their impact on sport and exercise performance
Unit 1: Make connections between how the body systems work together in response to the demands of sport and exercise and to enhance performance
Unit 2: Demonstrate knowledge and understanding of the language, structure, characteristics and function of each anatomical system
Unit 2: Apply knowledge and understanding of the structure, characteristics and function of the anatomical systems in context
Unit 2: Analyse the anatomical systems' effectiveness in producing sport and exercise movements and evaluate their impact on performing movements successfully
Unit 2: Make connections between anatomical systems and how they interrelate in order to carry out different exercise and sporting movements in context

Teaching these topics here supports:
Field and Lab Based fitness testing
Specialised Fitness Testing

These topics feed from:

1.1D – Cardiovascular and Respiratory (GCSE Spec)
1.1A – Skeleton (GCSE Spec)
1.1B – Muscles (GCSE Spec)

Why move onto these units?

These two units compliment each other, with similar content explored across both units. This allows for the exploration of key points in depth and to ensure key links between the two units can be explored

Many students will make the move from this area in a Sport and Exercise Science based HE study and these units support that transition,

These units are heavily reliant on the teaching of the Sport and Exercise Physiology and Functional Anatomy Units

Spec links:

Unit 5: Understand the importance of research in sporting environments
Unit 5: Examine key issues that impact on the effectiveness and quality of research in the sport and exercise sciences
Unit 5: Examine the three main approaches to research in the sport and exercise sciences
Unit 5: Apply appropriate research methods to a selected sport and exercise science based research problem
Unit 4: Examine the preparation required prior to sport and exercise field- and laboratorybased testing
Unit 4: Undertake anthropometry and somatotype testing procedures in sport
Unit 4: Explore the use of field- and laboratory-based protocols in sport and exercise sciences
Unit 4: Explore profiling of a sports performer following a practical research design using field- and laboratory-based testing

Teaching these topics here supports:
Specialised fitness training
Physical Activity for Individual and Group Based Exercise

These topics feed from:

1.2A - Components of fitness (GCSE Spec)
1.2B – Principles of training and training types (GCSE Spec)
Sport and Exercise Physiology
Functional Anatomy

Why move onto these units?

These units rely on the teaching of units in the previous term to ensure students have the knowledge base to complete.

Both of these units compliment each other and so allow for the exploration of ideas between each unit.

This allows pupils the opportunity to engage in real world scenarios again aiding transition to work or HE.

Spec links:

Unit 8: Examine the fitness requirements, physical characteristics and demands of sport that contribute to effective training and performance
Unit 8: Investigate methods of training for physical and skill-related fitness
Unit 8: Explore the planning of fitness programming.
Unit 10: Explore the processes of health screening prior to physical activity participation
Unit 10: Examine different types of exercise for individual and group-based exercise sessions
Unit 10: Undertake planning and instructing of individual and group-based exercise sessions.

Teaching these topics here supports:
Applied Research Methods in Sport and Exercise Science
Field and Lab based Fitness Testing

These topics feed from:

Applied Research Methods in Sport and Exercise Science
Field and Lab Based Fitness Testing
1.2A - Components of fitness (GCSE Spec)
1.2B – Principles of training and training types (GCSE Spec)