



Department: BTEC Level 3 Sport National Extended Certificate

Year Group: 13

Term	Learning Focus	Key Knowledge and Skills	Assessment	Challenge and Enrichment
Autumn term	Unit 2- Fitness training and programming for health, sport and well-being Unit 3- Professional Development in the Sports Industry	<p>Unit 2</p> <p>B Understand the screening processes for training programming</p> <p>B1 Screening Processes B2 Health monitoring tests B3 Interpreting the results of health monitoring tests</p> <p>C Understand programme-related nutritional needs</p> <p>C1 Common terminology C2 Components of a balanced diet C3 Nutritional strategies for individuals taking part in training programmes</p> <p>Unit 3</p> <p>B Explore own skills using a skills audit to inform a career development action plan</p> <p>B1 Personal skills audit for potential careers B2 Planning personal development towards a career in the sports industry B3 Maintaining a personal portfolio/record of achievement</p>	LP assessment on Unit 2 lifestyle factors, screening processes and nutrition Unit 3 internal Pearson assessment for learning Aim A+B	Research into government recommendation for lifestyle factors Research into professional athletes diet and nutrition Research into training methods suited to different people and athletes Research into different jobs in the sports industry Opportunity to do mock interviews with staff from school
Spring term	Unit 2- Fitness training and programming for health, sport and well-being	<p>Unit 2</p> <p>D Examine training methods for different components of fitness</p> <p>D1 Components of fitness to be trained</p>	LP assessment on learning Aim A-E Unit 3 internal Pearson assessment for learning Aim C+D	

Unit 3- Professional Development in the Sports Industry	<p>D2 Training methods for physical fitness-related components</p> <p>D3 Training methods for skill-related fitness components</p> <p>E Understand training programme design E1 Principles of fitness training programme design</p> <p><u>Unit 3</u></p> <p>C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p> <p>C1 Job applications</p> <p>C2 Interviews and selected career pathway-specific skills</p> <p>D Reflect on the recruitment and selection process and your individual performance</p> <p>D1 Review and evaluation</p> <p>D2 Updated SWOT and action plan</p>		
Summer term	Unit 2	Consolidation of learning aim A-E	External Unit 2 exam