



What have students at St. Crispin's been taught to understand and be able to do?

Students have been taught a wide range of topics and concepts related to sport and physical activity. Students need to be able to apply these to a range of sporting activities and vocational aspects of the sports sector.

Core Knowledge	Core Skills
<p>Anatomy & Physiology</p> <ul style="list-style-type: none"> • The effects of exercise and sports performance on the skeletal system • The effects of exercise and sports performance on the muscular system • The effects of exercise and sports performance on the respiratory system • The effects of sport and exercise performance on the cardiovascular system • The effects of exercise and sports performance on the energy systems. <p>Fitness Training & Programming</p> <ul style="list-style-type: none"> • How lifestyle factors effect health and well-being • Understand the screening processes for training programming • Understand programme-related nutritional needs • Examine training methods for different components of fitness. <p>Professional Development in the Sports Industry</p> <ul style="list-style-type: none"> • Understand the career and job opportunities in the sports industry • Explore own skills using a skills audit to inform a career development action plan • Wo to undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway • How to reflect on the recruitment and selection process and your individual performance. 	<p>The vocational nature of BTEC courses ensures that students develop necessary skills to increase their employability within the sports sector. These include:</p> <p>Research & Independence skills:</p> <p>For example, through investigating the lifestyle factors that could affect their own health and wellbeing and suggesting ways in which they can improve.</p> <p>Teamwork skills:</p> <p>For example, supporting each other in designing and reflecting upon sports sessions that they have designed and led.</p> <p>Communication Skills:</p> <p>For example, developing interview skills though the Professional Development in the Sports Industry unit.</p> <p>Analytical Skills:</p> <p>For example, through evaluating their own effectiveness when participating in sports and designing an action plan to support areas they need to improve upon.</p>



Year 12 BTEC National Extended Certificate in Sport continued



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Core Knowledge

Sports Leadership

- Understand the roles, qualities and characteristics of an effective sports leader
- Examine the importance of psychological factors and their link with effective leadership
- Explore an effective leadership style when leading a team during sport and exercise activities.

How has learning been assessed?

BTEC Nationals are assessed using a combination of internal assessments, which are set and marked by teachers, and external assessments which are set and marked by Pearson:

- mandatory units have a combination of internal and external assessments
- all optional units are internally assessed

Anatomy & Physiology

Assessment: 1.5hr examination (externally assessed)

Fitness Training & Programming

Assessment: 2.5hr examination (externally assessed)

Professional Development in the Sports Industry

Assessment: 4 coursework tasks (internally assessed)

Sports Leadership

Assessment: 3 coursework tasks (internally assessed)