



Year 13 National Diploma in Sport



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

Anatomy & Physiology

- 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.

Fitness Training & Programming

- 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.

Professional Development in the Sports Industry

- 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.

Core Skills

The vocational nature of BTEC courses ensures that students develop necessary skills to increase their employability within the sports sector. These include:

Research & Independence skills:

For example, through investigating the lifestyle factors that could affect their own health and wellbeing and suggesting ways in which they can improve.

Teamwork skills:

For example, supporting each other in designing and reflecting upon sports sessions that they have designed and led.

Communication Skills:

For example, developing interview skills though the Professional Development in the Sports Industry unit.

Analytical Skills:

For example, through evaluating their own effectiveness when participating in sports and designing an action plan to support areas they need to improve upon.



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.

Sport Event Organisation

- Understand how different types of sports events are planned and delivered
- How to construct a proposal for a sports event for implementation approval
- How to undertake the planning, promotion and delivery of a sports event
- How to review the planning, promotion and delivery of a sports event and reflect on your own performance.

Sports Psychology

- Understand how personality, motivation and competitive pressure can affect sport performance
- The impact of group dynamics in team sports and its effect on performance
- Understand psychological skills training programmes designed to improve performance.

Application of Fitness Testing

- Understand the principles of fitness testing Explain the fitness tests for different components of fitness
- How to undertake evaluation and feedback of fitness test results
- Investigating Business in the Sport and Active Leisure Industry.



Core Knowledge

Application of Fitness Testing

- Demonstrate knowledge and understanding of sport and active leisure business operations and how to respond to trends and internal and external influences
- How to analyse and interpret business information and data, and their potential impact and influence on a sport and active leisure business How to evaluate evidence to make informed judgements on how a sport and active leisure business should be developed, diversified or adapted
- Be able to make justified recommendations for a sport and active leisure business, synthesising ideas and evidence from several sources to support arguments.

Skill Acquisition

- Understand the nature of skilled performance Know the ways that sport performers process information for skilled performance
- Understand the theories of teaching and learning in sport
- Know how to carry out teaching and learning strategies for sports skills.

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)



How has learning been assessed?

Professional Development in the Sports Industry

Assessment: 4 coursework tasks (internally assessed)

Sports Leadership

Assessment: 3 coursework tasks (internally assessed)

Sport Event Organisation

Assessment: 4 coursework tasks

Sports Psychology

Assessment: 3 coursework tasks

Application of Fitness Testing

Assessment: 3 coursework tasks

Investigating Business in the Sport and Active Leisure Industry

Assessment: 3 hour examination

Skill Acquisition

Assessment: 4 coursework tasks.