

## AUTUMN 1

## AUTUMN 2

## SPRING 1

## SPRING 2

## SUMMER 1

## SUMMER 2

YEAR 12

### Unit 1 – Anatomy and Physiology

- LAA – Skeletal system (structure, function, joints, responses, adaptations, additional factors).
- LAB – Muscular system (characteristics and functions of different types of muscles, major skeletal muscles, antagonistic muscle pairs, skeletal muscle contraction, fibre types, responses, adaptations, additional factors).
- LAC – Respiratory system (structure, function, lung volumes, control of breathing, responses, adaptations, additional factors).
- LAD – Cardiovascular system (structure, function, nervous control, responses, adaptations, additional factors).
- LAE – Energy systems (role of ATP, ATP-PC system, lactate system, aerobic system, adaptations, additional factors).

### Unit 23 – Skill Acquisition in Sport

- LAA – Learning and performance, characteristics and classification of skills, characteristics and classification of abilities.
- LAB – Information processing models, perception, decision making and reaction time, types of feedback.
- LAC – Behaviourist theories, cognitive theories, phases of skill learning, transfer of learning.

### Unit 2 – Fitness Training and Programming for Health, Sport and Well-Being

- LAA – Positive lifestyle factors, negative lifestyles factors, lifestyle modification techniques.
- LAB – Screening processes, health monitoring tests, interpreting results.
- LAC – Components of a balanced diet, nutritional strategies.
- LAD – Components of fitness, skill related, physical fitness related, training methods.
- LAE – Principles of fitness training programme design.

### Unit 5 – Application of Fitness Testing

- LAC – Fitness profiles, interpreting results, feedback.

### Unit 3 – Professional Development in the Sports Industry

- LAA – Scope, provision, careers, jobs, professional training routes, legislation, skills, sources of CPD.
- LAB – Personal skills audit, personal development, personal portfolio/record of achievement and experience.
- LAC – Job applications, interviews and career pathway specific skills.
- LAD – Review, evaluation, updated SWOT, action plan.

### Unit 5 – Application of Fitness Testing

- LAA – Validity, reliability, practicality, suitability, ethical issues.
- LAB – Fitness tests, physical and skill related components of fitness, planning, administration.

### Unit 22 – Investigating Business in the Sport and Active Leisure Industry

- LAA – Features, organisation, aims, objectives, provision, programmes, services, customer groups, stakeholders, laws, legislation, safeguarding.
- LAB – Business models, SWOT, PESTLE.
- LAC – Human resources, job roles, person specifications, types of employment, human resource management, physical resource management.
- LAD – Marketing, product, price, promotion, place, people, process, physical environment, meeting customer needs.
- LAE – Finance, financial records.
- LAF – Trends, developing products/services.

### Unit 25 – Rules, Regulations and Officiating in Sport

- LAB – Applying rules/laws and regulations to different situations, analysing officials in different sports.

### Unit 23 – Skill Acquisition in Sport

- LAD – Presentation of skills, types of practice, styles of teaching. Styles of learning, methods of guidance.

### Unit 4 – Sports Leadership

- LAA – Different leadership roles, skills, qualities, characteristics, application.
- LAB – Psychological factors, leadership factors.
- LAC – Expectations, practical skills, leading a sport and exercise activity, effectiveness, impact.

### Unit 10 – Sports Event Organisation

- LAA – Sports events, planning, promotion, delivery.
- LAB – Proposals, aims, objectives, budget, health and safety, contingency plans, ethical considerations, promotional plans, policies and guidelines.
- LAC – Planning, delivery, promotion.
- LAD – Reviewing planning, promotion, delivery, reflection on performance.

### Unit 25 – Rules, Regulations and Officiating in Sport

- LAA – NGB rules, laws, regulations, officials, historical development, roles, responsibilities, current issues.
- LAC – Officiating a gull match/game, reviewing performance.

YEAR 13