



## PLUME ACADEMY - LEARNING OVERVIEW

<b>Year</b>	13
<b>Course</b>	BTEC Sport
<b>Specification Number/Exam Board</b>	Pearson National Diploma in Sport
<b>Examination Papers and Weighting</b>	720 GLH (895 TQT) Equivalent in size to two A Levels. 9 units of which 6 are mandatory and 3 are external. Mandatory content (75%). External assessment (45%).

### Prior Learning

The course builds on prior learning by developing a deeper understanding of the factors that impact optimal sports performance and facilitate or indeed hinder participation in physical activity. Students are able to enhance the knowledge and skills they have acquired at KS4 related PE and sport courses including reading technical texts; effective writing; analytical skills; creative development; preparation for assessment methods which they may then apply in higher education. This course also enables students to build on transferable skills including:

- the ability to learn independently
- the ability to research actively and methodically
- being able to give presentations and being active group members

### Curriculum Intent – What are the curriculum aims?

The BTEC National course has always required applied learning that brings together knowledge and understanding with practical and technical skills. This is achieved through learners performing vocational tasks that encourage the development of appropriate vocational behaviours and transferable skills. The curriculum aims for Year 13 BTEC Sport include:

**Unit 4:** Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.

**Unit 17:** Learners study the signs and symptoms of sports injuries, application of basic treatment and rehabilitation methods, injury risk factors and injury prevention.

**Unit 2:** Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

**Unit 23:** Learners study the factors that contribute to a skilled performance in sport and examine how sports performers learn and develop their skills.

**Unit 25:** Learners explore the historical development of the rules and regulations in a selected sport, and apply them while officiating.

### Curriculum Implementation – What will my child be learning?

Term 1	Half Term 1	<ul style="list-style-type: none"> <li>• Unit 4 Sports Leadership</li> <li>• Unit 17 Sports Injuries</li> </ul>	<ul style="list-style-type: none"> <li>• Unit 2 Fitness Training &amp; Programming</li> </ul>
	Half Term 2		
Term 2	Half Term 3	<ul style="list-style-type: none"> <li>• Unit 23 Skill Acquisition</li> <li>• Unit 25 Rules, Regulations &amp; Officiating in Sport</li> </ul>	
	Half Term 4		
Term 3	Half Term 5		
	Half Term 6		

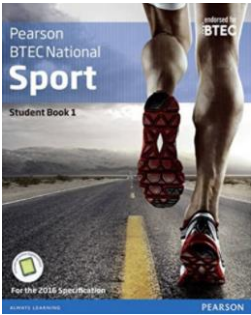


### Curriculum Impact – How will my child be assessed and receive feedback?

Assessment is specifically designed to fit the purpose and objective of the qualification. It includes a range of assessment types and styles suited to vocational qualifications in the sector. There are three main forms of assessment that you need to be aware of: external, internal and synoptic.

- **Unit 4 Sports Leadership (60 GLH), Unit 23 Skill Acquisition (90GLH), Unit 17 Sports Injury Management (60 GLH), Unit 25 Rules, Regulations and Officiating in Sport (60GLH)** – These units are internally assessed and subject to external standards verification. There is a maximum number of two summative assignments for these units. Grading decisions based on the requirements and supporting guidance given in the units. Learners may not make repeated submissions of assignment evidence therefore feedback cannot be given during or after submission. Feedback is given written and verbally to the tasks undertaken prior to the formal assessment period.
- **Unit 2 Fitness Training and Programming (120 GLH)** - This unit is assessed under supervised conditions. Learners will be given information two weeks before a supervised assessment period in order to carry out research. The supervised assessment period is a maximum of three hours as timetabled by Pearson. During the supervised assessment period, learners will be given a set task that will assess their ability to examine the internal and external factors associated with a business and how it may respond to trends affecting business in the sport and active leisure industry. Pearson sets and marks the task. The number of marks for the unit is 64.

### Super-Curricular Opportunities – Supporting and Extending Learning

Useful study resources	If a student is really passionate about this subject they can... read the following articles
 <p>Pearson Learning Services provides a range of engaging resources to support BTEC Nationals, including:</p> <ul style="list-style-type: none"> <li>• textbooks in e-book and print formats</li> <li>• revision guides and revision workbooks in e-book and print formats</li> <li>• teaching and assessment packs, including e-learning materials via the Active Learn Digital Service.</li> </ul> <p>Teaching and learning resources are also available from a number of other publishers.</p>	<p><b>Articles of interest:</b></p> <ul style="list-style-type: none"> <li>▪ <b>Altitude Training for Rowers</b> - <a href="https://news.sky.com/story/sacrificing-everything-forolympic-gold-in-tokyo-11903434">https://news.sky.com/story/sacrificing-everything-forolympic-gold-in-tokyo-11903434</a></li> <li>▪ <b>Dealing with Olympic Pressure</b> - <a href="https://bit.ly/olympics-fear">https://bit.ly/olympics-fear</a></li> <li>▪ <b>Breathing Techniques in Elite Athletes</b> - <a href="https://theconversation.com/how-controlledbreathing-helps-elite-athletes-and-you-can-benefit-from-it-too-128072">https://theconversation.com/how-controlledbreathing-helps-elite-athletes-and-you-can-benefit-from-it-too-128072</a></li> <li>▪ <b>Fighting Anxiety with Elite Athlete Techniques</b> - <a href="https://qz.com/1761629/the-ultimatehack-to-fight-performance-anxiety/">https://qz.com/1761629/the-ultimatehack-to-fight-performance-anxiety/</a></li> <li>▪ <b>Aggression in sport</b> - <a href="https://mjserafica96.wordpress.com/2013/11/29/aggression-insport-how-does-it-influences-performance/">https://mjserafica96.wordpress.com/2013/11/29/aggression-insport-how-does-it-influences-performance/</a></li> <li>▪ <b>Fulham FC and Cohesion</b> - <a href="https://trainingground.guru/articles/why-fulham-struggleshow-cohesion-is-key">https://trainingground.guru/articles/why-fulham-struggleshow-cohesion-is-key</a></li> <li>▪ <b>Usain Bolt confidence or arrogance</b> - <a href="https://www.theguardian.com/sport/2017/aug/01/usain-bolt-world-athleticschampionships-100m-final">https://www.theguardian.com/sport/2017/aug/01/usain-bolt-world-athleticschampionships-100m-final</a></li> <li>▪ <b>England Football and Resilience</b> - <a href="https://www.jdmindcoach.com/mental-resilienceengland-football-team/">https://www.jdmindcoach.com/mental-resilienceengland-football-team/</a></li> </ul>



Please see the BTEC resources available on their website and ask your teacher for further advice and guidance relating to the most appropriate resources to support your learning for this course.

<https://www.pearsonschoolsandfecolleges.co.uk>

Howley, E.T and Franks, B.D (2003) Health Fitness Instructor's Handbook. Human Kinetics Europe. (ISBN 9780736042109)

Palastanga, N (2006). Anatomy and Human Movement. Butterworth-Heinemann. (ISBN 9780750688147)

#### Websites

American College of Sports Medicine

[www.acsm.org](http://www.acsm.org)

British Association of Sport and Exercise Sciences [www.bases.org.uk](http://www.bases.org.uk)

Coachwise [www.1st4sport.com](http://www.1st4sport.com)

Human Kinetics [www.humankinetics.com](http://www.humankinetics.com)

Sport Science [www.sportsci.org](http://www.sportsci.org)

Sports Coach UK [www.sportscoachuk.org](http://www.sportscoachuk.org)

Top End Sports [www.topendsports.com](http://www.topendsports.com)

Sports and Exercise Testing

[www.brianmac.co.uk](http://www.brianmac.co.uk)

Nutrition [www.livestrong.com](http://www.livestrong.com)

#### Online Documentaries

- Netflix – The Last Dance- Group Dynamics, Finances, Coach/Player relationships.
- Netflix – Icarus – Legality of drug doping in cycling and Olympics.

▪ **Michael Jordan and The Bulls group dynamics and feuds.-**

<https://www.cbssports.com/nba/news/scottie-pippens-feud-with-jerry-krause-bulls-atimeline-of-events-that-led-to-the-stars-exit-from-chicago/>

▪ **Footballers and Fatigue -**

<https://footballmedicine.net/how-fatigue-affects-yourplayers-management/>

▪ **Rowers training at altitude -**

<https://werow.co.uk/cameron-buchan-goes-highaltitude-sierra-nevada/>

▪ **Michael Jordan motivational commercial -**

<https://www.youtube.com/watch?v=vPmilusWg3g>

▪ **Team Bath Fitness Testing -**

<https://www.teambath.com/fitness/fitness-testing/>

▪ **Connor McGregor Fitness Challenge -**

<https://www.essentiallysports.com/watchtake-a-look-at-conor-mcgregor-in-a-fitness-challenge/>

▪ **Planning Coaching sessions**

<https://www.sportplan.net/drills/Football/drills.jsp>

#### Wider Reading

Sharkey, B.J and Gaskill, S.E (2006). Fitness and Health. Human Kinetics. (ISBN 9780736056144).

Weinberg R.S and Gould, D (2011). Foundations of Sports and Exercise Psychology (5th ed.). Human Kinetics; New York.

#### Journals

- American College of Sport Medicine's Health and Fitness Journal
- British Journal of Sports Medicine Exercise and Sport Sciences Reviews
- International Journal of Sports Science and Coaching
- Medicine and Science in Sports and Exercise
- Research Quarterly for Exercise and Sport