The Marlborough Science Academy
'shaping futures'

BTEC SPORT LEVEL 3 Learning Journey Map

Apprentiship in sports

UCAS

Written Exam: Health and Performance 1 hour 15

Written Exam: Fitness and Body Systems 1 hour 45

Moderation of coursework

Final hand in of coursework

BTEC

Results day!

Review the interview process and evaluate progress for the future

Participate in the selection interview process

Explore the requirements for job applications

Complete a personal skills audit

Explore different career pathways and job opportunities in the sports industry

Coursework unit 3 Professional development in the sports industry

Exam – 2hr30mins 6 questions

SPORI, FITT principle, individual needs, rest and recovery and reversibility

Planning training programmes

Advantages and disadvantages of different training methods

Training methods for each component of fitness

Use of goal setting/SMART targets to improve/optimise performance

Understand the different roles in sports leadership

Analysis of leadership skills

Skills, Qualities and characteristics of leaders

Sports Leadership Unit 4

Assignment 1 hand in

Resubmission of coursework

Review the impact of leadership styles

Hand in assignment 2

Resubmission of assignment 2

Preparation and review for exam

Final coursework – Sports Leadership unit 4

Discuss how psychological factors affect sports leadership

Demonstrate chosen leadership style when running a sports session

Factors to consider for most appropriate training method

Lead a small coaching session

Evaluation skills and how to use feedback

Unit 2 Fitness, training and programming for health, sport and wellbeing

YEAR 13

Consider how exercise and sedentary lifestyle effect lifestyle.

Negative effects on health and lifestyle

Eatwell plate

Mineral and vitamins

Correct energy balance to maintain healthy weight

Use of balanced diet to aid performance

Principles of SMART targets

Components of fitness

Creating diets for different sportspeople

Ergogenic aids

Hydration for Physical Activity and Sport

Hydration and the use of energy drinks

Role and importance of Macronutrients

Positive effects on lifestyle and well being

Learn how the 4 physical fitness tests are used.

A. Consider how stress, smoking and alcohol effect lifestyle

A. Consider how diet and sleep effect lifestyle

Interpretation and analysis of graphical data associated with trends within the topic of Socio- cultural influences

Develop a personal professional career pathway

Role and importance of micronutrients

Look at development pathways in careers

Periodisation and its implementation

E Anaerobic and Aerobic Exercise

How the Cardiovascular and respiratory system work together

Energy: The use of glucose and oxygen

Energy Sources

The short and long term effects of Exercise

Short term effects on Heart rate, Stroke volume and cardiac output

Interpretation of graphical representations

Injury Prevention

RICE

Anatomy EXAM 90MINS 80 MARKS

Performance enhancing drugs. Positive and negatives effects

Injuries that occur in sport

Short term effects on depth and rate of breathing.

Short Term effects on Lactate accumulation, muscle fatigue

C/D The structure and functions of the cardio-respiratory system

Structure of the Cardiovascular system

Vasoconstriction /vasodilation and Vascular Shunting

Composition of Inhaled and exhaled air and impact of Physical Activity

Structure of Alveoli/ Process of Gas Exchange

Location and role of main components of the respiratory system

Vital Capacity and Tidal Volume

Function and Importance of Red/White Blood Cells, platelets and plasma

Structure and function of Arteries, Veins and Capillaries

Function of the cardiovascular system applied to performance

Antagonistic pairs of muscles

Characteristics of fat and slow twitch muscle fibre types

Skeletal and Muscular systems work together to produce movement

Location and role of the voluntary muscular system that produce movement

Movements possible at a joint

Structure of the Skeletal System

Function of the skeleton applied to performance

YEAR 12

Classification and characteristics of muscle types

Role of ligaments and tendons

Classification of Joints

Classification of bones

A/B. The Structure and functions of the Musculo-skeletal system

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