



BTEC SPORT - LEARNING JOURNEY



Unit 3 Applying the Principles of Personal Training Learning Aims C & D
Implement a self designed personal fitness training programme to achieve own goals and objectives. Review a personal fitness training programme

Unit 3 Applying the Principles of Personal Training Learning Aim B
Know about exercise adherence factors and two strategies for continued training success

Unit 3 Applying the Principles of Personal Training Learning Aim A
Design a personal training fitness programme



Unit 1:
Y11 Jan Exam Resit



Unit 3 Applying the Principles of Personal Training

Unit 2 – Practical Sports Performance Learning Aim A
Understand the rules, regulations and scoring systems for selected sports

Unit 2 – Practical Sports Performance Learning Aim B
Practically demonstrate skills, techniques and tactics in selected sports

Unit 2 – Practical Sports Performance Learning Aim C
Be able to review sports performance



Unit 2 – Practical Sports Performance

Year 11

Unit 5 The Sports Performer in Action Learning Aim C
Know about the different energy systems used during sports performance

Unit 1:
Y10 May Exam



Unit 5 The Sports Performer in Action Learning Aim B
Know about the long term adaptations of the body to exercise

Unit 1 Fitness for sport and exercise Learning Aim C
Investigate fitness testing to determine fitness levels.

Unit 1 Fitness for sport and exercise Learning Aim B
Explore different fitness training methods

Unit 5 The Sports Performer in Action Learning Aim A
Know about the short term responses of the body to exercise



Unit 1 – Fitness for sport and exercise

Unit 1 Fitness for sport and exercise Learning Aim A
Know about the components of fitness and the principles of training



Unit 5 The Sports Performer in Action

Year 10

Course Introduction
Specification requirements. Assessment Plan.
Distribution of resources. Homework. Definitions.