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| **BTEC Sport Revision List Summer 2025** | |
| Exam information:    You will complete 2 papers in the summer of Year 12  Unit 1- Anatomy and Physiology- 14th May- 1.30 Minutes.  Unit 2- Fitness Training and Programming for Health, Sport and Wellbeing- 1st May- 2.30 Minutes. | |
| **Unit 1- Anatomy and Physiology** | **Revised?** |
| 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 |  |
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| **Unit 2- Fitness Training and Programming for Health, Sport and Wellbeing** | **Revised?** |
| Examine lifestyle factors and their effect on health and well-being |  |
| Understand the screening processes for training programming |  |
| Understand programme-related nutritional needs |  |
| Examine training methods for different components of fitness |  |
| Understand training programme design |  |
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| Revision Links | |
| Specification and past papers can be found at the following link- <https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#filterQuery=Pearson-UK:Category%2FExternal-assessments>      Look to refer to class notes and teams for lesson information and resources. | |