

Sports Science – Yearly Overview 2025-26

The aim of delivering this subject:

KS4 - The aim of this 2-year NCFE Sports Science course is to give learners a comprehensive and applied understanding of the sports and active leisure sector, with a focus on both physical performance and career development. The course is structured to progressively build knowledge, skills, and confidence through four key units spread over two academic years.

In Year 1, learners will complete:

- **Unit 1: Participating in Sport** – focusing on developing practical skills in individual and team sports, understanding the physical and mental benefits of participation, and learning how to prepare safely and effectively for sporting activities.
- **Unit 2: Understanding Business in Sport** – introducing learners to the commercial side of the industry, including how sports organisations operate, generate income, and promote events and services.

In Year 2, learners will progress to:

- **Unit 3: Preparing to Work in Sport** – exploring a range of careers in the sport and leisure sector, understanding the skills and qualifications required, and developing employability skills such as communication, leadership, and planning.
- **Unit 4: Anatomy and Physiology for Exercise** – providing essential scientific knowledge about how the body works during exercise, including the functions of key body systems and how these adapt to physical activity.

Throughout the course, students will engage in both theoretical and practical learning experiences that promote personal development, critical thinking, and readiness for further study or employment. The course aligns with NCFE vocational learning principles and is ideal for learners with an interest in sport, fitness, health, or related careers.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Unit 1: participating in sport, M/505/993	Unit 1: participating in sport, M/505/9936	Unit 2: understanding business in sport, H/505/9948	Unit 2: understanding business in sport, H/505/9948	Unit 2: understanding business in sport, H/505/9948	Revist previous units, opportunity to upgrade outcomes.
Year 11	Unit 3: Preparing to work in the sport and leisure industry, Y/505/9977	Unit 3: Preparing to work in the sport and leisure industry, Y/505/9977	Unit 4: Anatomy and Physiology in sport R/505/9959 Or	Unit 4: Anatomy and Physiology in sport R/505/9959 Or	Revist previous units, opportunity to upgrade outcomes.	Revist previous units, opportunity to upgrade outcomes.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
			Revision and catch up session s	Revision and catch up session s		