

Year 13 BTEC NATIONAL EXTENDED CERTIFICATE IN SPORT UNIT 2 LTP

Rationale with end points: Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

Term	Topic	Knowledge	Skills	Reading /wider reading
Autumn 1	<p>B3: Interpreting the results of health monitoring tests C1: Common nutritional terminology C2: Components of a balanced diet C3: Nutritional strategies for individuals taking part in training programmes</p>	<ul style="list-style-type: none"> • Interpret health monitoring data against health norms and make judgements. • Understand common nutritional terminology and the requirements of a balanced diet. • Understand different strategies for an individual to lose or gain weight. • Understand the use of ergogenic aids used in training programmes including positive and negative effects. • Understand the use of sports drinks for different types of training requirements including recommended timings and amounts. 	<ul style="list-style-type: none"> • Independent enquiry; self-management; reflective learners • ICT – Knowledge organisers; scaffolding exam practice table • Numeracy – health data using Government Guidelines; percentage of fats/carbohydrates and protein; caloric intake; grams of fruit; mg of vitamins; litres of water; normative data <p>Writing genre: written response of approx. 3- pages of A4, for topic B (12 marks); as above for topic C (8 marks) Exam practice</p> <p>Complex activity: linking all of the above to a client and justifying rationale behind decision making process</p>	<p>Pearson's BTEC National Sport Student Book 1: pages 77-79</p> <p>BTEC National Revision Guide 2nd Ed.: pages 53-64</p>
Autumn 2	<p>D1: Components of fitness to be trained D2: Training methods for physical fitness-related components</p>	<ul style="list-style-type: none"> • Understand the components of physical and skill related fitness and the application of each component in a fitness training context. 	<ul style="list-style-type: none"> • Independent enquiry; self-management; reflective learners; creative thinkers 	<p>Pearson's BTEC National Sport Student Book 1: 97-126</p> <p>BTEC National Revision Guide 2nd Ed.: pages 65-83</p>

	E1: Principles of fitness training programme design	<ul style="list-style-type: none"> • Appropriate training methods to be included in the design of a training programme. • Advantages and disadvantages of training methods to be considered when applied to a specific sport and exercise goal. • Be able to design a fitness training programme including all the major components 	<ul style="list-style-type: none"> • ICT – Knowledge organisers; scaffolding exam practice table <p>Writing genre: written response of approx. 2- pages of A4, for topic D (8 marks); 4 pages of A4 and design 3 weeks of a 6 week programme for topic E (6 and 14 marks) Exam practice</p> <p>Complex activity: linking all of the above to a client; selecting correct training methods, designing a training programme and justifying the rationale behind the decision making process</p>	
Spring 1	Revision and Exam			
Spring 2	Work on UNIT 3 Coursework/RESIT UNIT 2 Revision			
Summer 1	UNIT 2 Resit			