

Saffron Walden County High School Curriculum

CURRICULUM SUMMARY



SAFFRON WALDEN
COUNTY HIGH SCHOOL

Year 12		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		TERM 1A	TERM 1B	TERM 2A	TERM 2B	TERM 3A	TERM 3B
Sport Extended Certificate	KNOWLEDGE DOMAIN	<p><u>Unit 1 Anatomy & Physiology</u></p> <p>AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system</p> <p>AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance</p> <p>AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system</p> <p>AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements</p> <p>AO5 Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems</p>		<p><u>Unit 3 Professional Development in the Sports Industry</u></p> <p>Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.</p> <p>Learning aims: In this unit learners will: A Understand the career and job opportunities in the sports industry B Explore own skills using a skills audit to inform a career development action plan C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway D Reflect on the recruitment and selection process and your individual performance.</p>			
	SKILLS DEVELOPED THROUGH THE KNOWLEDGE AND ENQUIRIES TAUGHT THIS HALF TERM	<p><u>A The effects of exercise and sports performance on the skeletal system</u></p> <p>A1 Structure of skeletal system Understand how the bones of the skeleton are used in sporting techniques and actions.</p> <p>A2 Function of skeletal system Understand how the functions of the skeleton and bone types are used in sporting actions and exercise</p> <p>A3 Joints Understand how joints of the upper and lower skeleton are used in sporting techniques and actions.</p> <p>A4 Responses of the skeletal system to a single sport or exercise session</p> <p>A5 Adaptations of the skeletal system to exercise</p>		<p><u>Assignment 1 Careers in Sport</u></p> <p>LA A Understand the career and job opportunities in the sports industry</p> <p>Key content areas A1 Scope and provision of the sports industry A2 Careers and jobs in the sports industry A3 Professional training routes, legislation, skills in the sports industry</p>		<p><u>Assignment 2 Applying for a job in the Sports Industry</u></p> <p>LA C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p> <p>Key content areas C1 Job applications</p>	

The impact of long-term effects of exercise on sports performance.
 A6 Additional factors affecting the skeletal system
 Understand the impact of the skeletal system on exercise and sports performance and the impact of exercise and sports performance on the skeletal system.

B The effects of exercise and sports performance on the muscular system
 B1 Characteristics and functions of different types of muscles
 Understand different types of muscles and their use in sport.
 B2 Major skeletal muscles of the muscular system
 Major skeletal muscles and their combined use in a range of sporting actions.
 B3 Antagonistic muscle pairs
 Movement of muscles in antagonistic pairs and their use in a variety of sporting actions.
 B4 Types of skeletal muscle contraction
 Understand skeletal muscle contraction in different sporting actions.
 B5 Fibre types
 Understand fibre type recruitment during exercise and sports performance
 B6 Responses of the muscular system to a single sport or exercise session
 B7 Adaptations of the muscular system to exercise
 The impact of adaptation of the system on exercise and sports performance.
 B8 Additional factors affecting the muscular system Understand additional factors affecting the muscular system and their impact on exercise and sports performance.

C The effects of exercise and sports performance on the respiratory system
 C1 Structure of the respiratory system
 C2 Function
 Understand the function of the respiratory system in response to exercise and sports performance.
 C3 Lung volumes
 Understand the lung volumes and the changes that occur in response to exercise and sports performance.
 C4 Control of breathing
 Understand how breathing rate is controlled in response to exercise and sports performance.
 C5 Responses of the respiratory system to a single sport or exercise session
 C6 Adaptations of the respiratory system to exercise
 The impact of adaptation of the system on exercise and sports performance.
 C7 Additional factors affecting the respiratory system Understand additional factors affecting the respiratory system and their impact on exercise and sports performance.

D The effects of sport and exercise performance on the cardiovascular system
 D1 Structure of the cardiovascular system
 D2 Function of the cardiovascular system
 Understand the function of the cardiovascular system in response to exercise and sports performance.
 D3 Nervous control of the cardiac cycle

A4 Sources of continuing professional development (CPD)

LA B Explore own skills using a skills audit to inform a career development action plan

Key content areas
 B1 Personal skills audit for potential careers
 B2 Planning personal development towards a career in the sports industry
 B3 Maintaining a personal portfolio/record of achievement and experience

Assessment

A report that justifies the selection of a specific sports industry career pathway, following an investigation into two contrasting career pathways, focusing on short and long-term prospects and the knowledge, skills and qualities required to achieve them.
 Career development action plan, supported by evidence of personal skills audit outcomes.

C2 Interviews and selected career pathway-specific skills

LA D Reflect on the recruitment and selection process and your individual performance

Key content areas
 D1 Review and evaluation
 D2 Updated SWOT and action plan

Assessment

Learners must participate in recruitment and selection activities. They will need to interview and be interviewed, conduct a practical assessment activity and complete the appropriate documentation. Learners will need to evidence all the documents created. Ability to self-critique performance, including what could have gone better and what skills need to be developed, so that learners can enhance their employability. SWOT (strengths, weaknesses, opportunities, threats) analysis on performance of their interviewing assessment activity, linked to their personal development.

Understand the control of the cardiac cycle and how it changes during exercise and sports performance.
D4 Responses of the cardiovascular system to a single sport or exercise session
D5 Adaptations of the cardiovascular system to exercise
The impact of adaptation of the system on exercise and sports performance.
D6 Additional factors affecting the cardiovascular system Understand additional factors affecting the cardiovascular system and their impact on exercise and sports performance.

E The effects of exercise and sports performance on the energy systems

E1 The role of ATP in exercise
Understand the role of adenosine triphosphate (ATP) for muscle contraction for exercise and sports performance.
E2 The ATP-PC (alactic) system in exercise and sports performance
Understand the role of the ATP-PC system in energy production for exercise and sports performance.
E3 The lactate system in exercise and sports performance Understand the role of the lactate system in energy production for exercise and sports performance.
E4 The aerobic system in exercise and sports performance Understand the role of the aerobic energy system in energy production for exercise and sports performance
E5 Adaptations of the energy system to exercise
The impact of adaptation of the systems on exercise and sports performance.
E6 Additional factors affecting the energy systems
Understand additional factors affecting the energy systems and their impact on exercise and sports performance.

Summary of assessment

This unit is externally marked. It is set and marked by Pearson. The examination will be one hour and 30 minutes in length. The number of marks for the examination is 80. The paper will contain a number of short- and long-answer questions that will assess learners' understanding of the following topics: the skeletal system, the muscular system, the respiratory system, the cardiovascular system and the energy system for sports performance. Learners will use this knowledge and understanding to determine the interrelationships between body systems for sports performance.