

Saffron Walden County High School Curriculum



SAFFRON WALDEN
COUNTY HIGH SCHOOL

SIXTH FORM CURRICULUM SUMMARY:

Year 12		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		TERM 1A	TERM 1B	TERM 2A	TERM2B	TERM 3A	TERM3B
		Exam = first Friday in January					
Sport Extended Certificate	KNOWLEDGE DOMAIN	<u>Unit 1 Anatomy & Physiology</u> AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system 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 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 AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements 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		<u>Unit 3</u> <u>Professional Development in the Sports Industry</u> 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. 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.			

A The effects of exercise and sports performance on the skeletal system

A1 Structure of skeletal system

Understand how the bones of the skeleton are used in sporting techniques and actions.

A2 Function of skeletal system

Understand how the functions of the skeleton and bone types are used in sporting actions and exercise

A3 Joints

Understand how joints of the upper and lower skeleton are used in sporting techniques and actions.

A4 Responses of the skeletal system to a single sport or exercise session

A5 Adaptations of the skeletal system to exercise

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.

Assignment 1
Careers in Sport**LA A Understand the career and job opportunities in the sports industry**

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

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

Assignment 2
Applying for a job in the Sports Industry**LA C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway**

Key content areas

C1 Job applications

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.

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

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.

the knowledge, skills and qualities required to achieve them.
Career development action plan, supported by evidence of personal skills audit outcomes.

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.

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SIXTH FORM CURRICULUM SUMMARY 2022-23:



SAFFRON WALDEN
COUNTY HIGH SCHOOL

Year 13		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		TERM 1A	TERM 1B	TERM 2A	TERM2B	TERM 3A	TERM3B
			Exam = first Wednesday in January				
BTEC Sport Extended Certificate	KNOWLEDGE DOMAIN	Unit 6 Sports Psychology	Unit 2 Fitness Training & Programming for Health, Sport & Well-being	Unit 6 Sports Psychology		Unit 6 Sports Psychology	
		Learning Aim A: Understand how personality, motivation and competitive pressure can affect sport performance	Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being. Assessment outcomes AO1 Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being AO2 Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests AO4 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved AO5 Be able to develop a fitness training programme with appropriate justification	Learning Aim B: Examine the impact of group dynamics in team sports and its effect on performance		Learning Aim C: Explore psychological skills training programmes designed to improve performance.	

SKILLS DEVELOPED THROUGH THE KNOWLEDGE AND ENQUIRIES TAUGHT

Assignment 1 -

A1 Personality factors and assessment of personality

A2 Motivational factors

A3 Arousal – performance relationship theories under competitive pressure

A4 Stress, anxiety and sports performance under competitive pressure

A5 Self-confidence and sports performance under competitive pressure

Assignment 1:

A report on the different motivational factors that can be used by a coach via practical application of personality tests which also details the effects of arousal, anxiety and stress on sports performance and how self-confidence is important in the reduction of anxiety levels.

Summary of assessment

This unit will be assessed under supervised conditions. Learners will be given a case study before the supervised assessment period to carry out preparatory work.

The supervised assessment period is a maximum of **2.5 hours** as timetabled by Pearson.

During the assessment learners will be given **6 tasks** that will assess their ability to interpret lifestyle factors and health screening data from a scenario and stimulus information in order to develop and justify a fitness training programme and nutritional advice based on these interpretations.

Pearson sets and marks the task.

Assignment 2 -

B1 Group processes

B2 Cohesion in effective group performance

B3 Leadership in creating effective groups

B4 Impact of processes, cohesion and leadership on a team and performance

B5 Measurement of the impact of processes, cohesion and leadership on a team and performance using sociograms

Assignment 2:

A report on group development, leadership factors and the impact they may have on teams at different levels of sport, including use of sociograms.

Assignment 3 -

C1 Psychological skills

C2 Designing a psychological skills training programme

Assignment 3:

A psychological skills training programme that describes different psychological training techniques.