

Sport Faculty

YEAR 12 BTEC – Advanced Diploma in Sports Studies

Autumn Term

Unit 1 Principals of anatomy and physiology

Students will learn in depth about the anatomy of the human body in terms of muscles, bones and joints.

Unit 3 Assessing Risk in Sport

Students will understand the requirements of how to make sporting activities safe. They will learn about risk assessments and how to apply them to activity areas to ensure all activities are safe to participate in.

Unit 9 Practical individual sports

Students will participate in a six week course learning about skills, tactics and strategies in the sport. They will analyse their individual performances and suggest ways to bring about improvement in their performances.

Spring & Summer terms

Unit 2 The Physiology of Fitness

Here the students will learn about how exercise and fitness affect the body in the short term and long term.

Unit 7 Fitness testing for Sport and Exercise

Students will learn how to administer and undertake differing fitness tests and learn how to design a training programme in response to these fitness tests.

Unit 4 Fitness training and programming

Students will undergo fitness testing and develop training programmes to bring about improvements in fitness levels. Students will do further work on understanding how to carry out different fitness tests.