

Sport Faculty

YEAR 12 BTEC Advanced Subsidiary Diploma in Sport

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.

Spring and 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.