

Sport Faculty

YEAR 12 BTEC Advanced Diploma in Sport Studies (Outdoor Education)

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 37: outdoor and adventurous expeditions

Students will learn about the types of expedition. They will plan and undertake expeditions, and review their planning and undertaking of those expeditions.

Unit 34: skills for water based outdoor and adventurous activities

Students will learn about different water based activities and be able to participate in them. They will also learn how to manage risks in water based activities and be able to review their own skills in these activities.

Spring & Summer Term

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 37: outdoor and adventurous expeditions

Students will learn about the types of expedition. They will plan and undertake expeditions, and review their planning and undertaking of those expeditions.

Unit 34: skills for water based outdoor and adventurous activities

Students will learn about different water based activities and be able to participate in them. They will also learn how to manage risks in water based activities and be able to review their own skills in these activities.

