

## Sport Faculty

### YEAR 13 BTEC Advanced Diploma in Sports Studies

**September 2015 – February 2016**

Unit 13 Leadership in Sport	Unit 6 Sports Development	Unit 15 Instructing Physical Activity	Unit 23 Organising a sports event
<p>Students will develop their understanding of the characteristics, qualities and skills required to be an effective leader. They will compare and contrast two sports coaches as leaders and highlight what their strengths and weaknesses are. Then they will plan and lead an activity session and tournament assessing how effective they are suggesting ways in which they could improve next time.</p> <p>Students will also look at different types of exercise and then develop programmes to develop individual's fitnesses for two clients. They will assess the effectiveness of these programmes and lead one activity session</p>	<p>Students will look at how sport is organised in the community and look at the different types of provision local and private. They will also look at how different target groups are supported in the community. Also students will study how sporting tournaments are organised at local and national level.</p> <p>Students will learn what is involved in organising a sports event and then evaluate what went well and how it can be improved for the future.</p>	<p>Students will look at different types of exercise and then develop programmes to develop individual's fitnesses for two clients. They will assess the effectiveness of these programmes and lead one activity session</p>	<p>Students will learn what is involved in organising a sports event and then evaluate what went well and how it can be improved for the future.</p>

**Feb – May 2016**

Unit 13 Leadership in Sport	Unit 6 Sports Development	Unit 14 Exercise, health and lifestyle
Students will develop their understanding of the	Students will look at how sport is organised in the	A healthy lifestyle is important in terms of quality of

<p>characteristics, qualities and skills required to be an effective leader. They will compare and contrast two sports coaches as leaders and highlight what their strengths and weaknesses are. Then they will plan and lead an activity session and tournament assessing how effective they are suggesting ways in which they could improve next time.</p> <p>Students will also look at different types of exercise and then develop programmes to develop individual's fitnesses for two clients. They will assess the effectiveness of these programmes and lead one activity session</p>	<p>community and look at the different types of provision local and private. They will also look at how different target groups are supported in the community. Also students will study how sporting tournaments are organised at local and national level.</p> <p>Students will learn what is involved in organising a sports event and then evaluate what went well and how it can be improved for the future.</p>	<p>life. We are in a society where it is very easy to live a very sedentary and, in some ways, unhealthy life. The tasks of this assignment highlight the important factors in maintaining health and well-being and then put you in a position where you are assessing, advising and planning a lifestyle management programme for a selected individual.</p>
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