

What are the aims and intentions of this curriculum?

This course provides an engaging and relevant introduction to the world of sport. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, the psychology of sport, practical sports performance and sports leadership. It enables students to develop and apply their knowledge, while also developing a range of relevant practical, communication and technical skills. Students will study three mandatory units, covering the underpinning knowledge and skills required for the sports sector:

- Fitness for sport and exercise
- Practical performance in sport
- Applying the principles of personal training.

Students will build on the knowledge gained in the mandatory units by studying one further unit, 'Leading Sports Activities'

Term	Topics	Knowledge and key terms	Skills developed	Assessment
Autumn 1	Unit 1: Fitness for Sport and Exercise	Before different training methods can be explored, the sports performer needs to find out about their baseline fitness levels and what measures need to be improved. Fitness tests are essential; they help to identify areas that need improving and to track fitness improvements and progress over time. Fitness test results give an objective overview of performance and are used by sports coaches to ensure training continues to meet the performer's needs.	Fitness for sport and exercise is core to the programme of study. This unit underpins the other units for sport. In learning aim A students will cover the components of physical and skill-related fitness and the principles of training. Learning aim B explores different fitness training methods for developing components of fitness, and for learning aim C students will gain knowledge and skills in undertaking and administering fitness tests.	Externally assessed unit
Autumn 2	Unit 1: Fitness for Sport and Exercise			Externally assessed unit
Spring 1	Unit 1: Fitness for Sport and Exercise			Externally assessed unit
Spring 2	Unit 3: Applying the Principles of Personal Training	This unit is all about the student as an individual performer, training to improve and enhance personal fitness for one activity/sport they participated in for <i>Unit 2: Practical Performance in Sport</i> .	Learning aim A takes students through the stages of designing a personal fitness training programme, where they can select a component of fitness and an appropriate method of training to improve or maintain fitness levels safely. For learning aim B, students will gain awareness of the musculoskeletal and cardiorespiratory body systems and how they respond during the exercise. In learning aim C, students will implement their personal fitness training programme,	Internally assessed synoptic unit
Summer 1	Unit 3: Applying the Principles of Personal Training			Internally assessed synoptic unit
Summer 2	Unit 3: Applying the Principles of Personal Training			Internally assessed synoptic unit

maintaining a training diary.

For learning aim D students will review their programme, looking at strengths, areas for improvement and suggesting recommendations for future training and performance.