

Sport

BTEC

Edexcel

Course Content

Our BTEC Level 3 Sport curriculum is a commitment to developing well-rounded, knowledgeable, and aspirational learners who are prepared for the demands of further education, employment, or apprenticeships in the sport and fitness industries. Through a blend of theoretical and practical learning, we empower students to understand the science, planning, and professionalism that underpin success in sport.

Rooted in our school values, kindness is promoted through teamwork, leadership, and inclusive practices that support positive relationships in sport and wider society. Integrity underpins all aspects of the course, as students learn to act responsibly, work ethically, and approach assessments with honesty and professionalism. Determination is implemented through challenging assignments, external assessments, and practical scenarios that develop resilience, problem-solving, and a strong work ethic.

Our curriculum ensures students gain a deep understanding of anatomy, physiology, fitness programming, careers in sport and sport leadership. It allows students to apply knowledge in vocational contexts, preparing them for real-world challenges. It enables them to build confidence and independence through structured coursework and preparation for externally assessed units.

Through this qualification, students leave equipped not just with academic and vocational skills, but with the character and mindset to thrive in sport and beyond.

Year 12
Term 1
<u>Unit 1</u> The effects of exercise and sports performance on the skeletal system The effects of exercise and sports performance on the muscular system
Term 2
The effects of exercise and sports performance on the respiratory system The effects of sport and exercise performance on the cardiovascular system The effects of exercise and sports performance on the energy systems
Term 3
<u>Unit 2</u> Examine lifestyle factors and their effect on health and well-being
Term 4
Understand the screening processes for training programming Understand programme-related nutritional needs
Term 5
Examine training methods for different components of fitness
Term 6
Research task on different careers in sport
Year 13

Term 1
Understand the career and job opportunities in the sports industry
Term 2
Explore own skills using a skills audit to inform a career development action plan Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway
Term 3
Reflect on the recruitment and selection process and your individual performance.
Term 4
Understand the roles, qualities and characteristics of an effective sports leader
Term 5
Examine the importance of psychological factors and their link with effective leadership Explore an effective leadership style when leading a team during sport and exercise activities.
Term 6

Independent learning

Independent learning is essential at this level because it helps students develop key skills such as time management, research, and critical thinking. It allows learners to take ownership of their studies, deepen their understanding of complex topics, and meet coursework deadlines effectively. Independent learning also prepares students for higher education or employment in the sport and fitness industry, where self-motivation and responsibility are highly valued.

Homework is set termly through a homework schedule which is shared with students and parents. The homework activities include opportunities for independent research, reading opportunities and tasks.

Assessment

Students complete regular written assessments that assess knowledge as well as skills. This allows for misinterpretations to be corrected and all the exam skills to be covered. They complete mini assessment during lesson time and receive feedback from each assessment.

During the year, students undertake an end of topic assessment which is cumulative and makes use of past paper questions. Students will undertake mock examinations a few weeks prior to their Unit 1 and Unit 2 exam where feedback is given on each individual question. In year 13, students submit assignments which are marked and moderated by internal staff and provided detailed feedback with opportunity for a re-submission if required.

Useful websites and reading materials

[**BTEC Sport Specification**](#)

