

Module 1	Module 2	Module 3
<p>Learning Intent for this module:</p> <p>Unit 1: The human body is made up of many different systems that interrelate to allow us to take part in a wide variety of sport and exercise activities. To appreciate how each of these systems function, students will explore the structure of the skeletal, muscular, and respiratory systems as well as additional factors which affect sport and exercise performance. To know, understand and be able to apply the effects of exercise and sport on the skeletal system, muscular system and respiratory system is imperative in the sports industry so that professionals can help support people who are taking part in sport and exercise.</p> <p>Unit 4: With participation levels rising, the supervision and coaching of sport are no longer the sole responsibility of qualified professionals, such as physical education teachers and qualified coaches, but also volunteers have leadership Roles. Students will explore the different roles that a sports leader can take on. Also, they will gain a deep knowledge on the qualities and characteristics of an effective leader and why these attributes are important.</p>	<p>Learning Intent for this module:</p> <p>Unit 1: To know, understand and be able to apply the effects of exercise and sport on the respiratory system, cardiovascular system and energy systems is imperative in the sports industry so that professionals can help support people who are taking part in sport and exercise. To appreciate how each of these systems function, students will explore the structure of the cardiovascular system and energy systems as well as additional factors which affect sport and exercise performance.</p> <p>Unit 4: Students will examine the importance of psychological factors and their link with effective leadership. They will develop their knowledge around the psychological theories that underpin effective leaders/ leadership whilst comparing to real life sports leaders. Students will explore the different leadership styles that can be adopted and apply them to a range of different scenarios.</p>	<p>Learning Intent for this module:</p> <p>Unit 1: The anatomy and physiology of each body system and their processes are quite different but work together to produce movement. Students must be able to analyse the inter-relationships between the body systems and the affect this will have on performance. They will gain a full appreciation of how the body is able to take part in sport and exercise through understanding the interrelationships between the five main body systems.</p> <p>Unit 4: Students develop their confidence of leading sessions as they then plan and lead a sporting activity of their choice, applying all the knowledge that they have accrued from the previous modules. Once they have delivered their activity, they are then required to review their effectiveness as a sports leader and recommend improvements.</p> <p>Unit 3: The sports industry is a vast market with many different pathways. For a successful career, students need to understand the scope and breadth of the available opportunities and the steps needed to follow their chosen pathway. To do this, students will begin to explore the</p>

		knowledge and skills required for different career pathways in the sports industry to prepare students for a career in the sports industry.
<p>Key Content to be learned:</p> <p>Unit 1: Learning Aim A: The effects of exercise and sports performance on the skeletal system Structure & function The range of movement at joints Responses to exercise Adaptations because of training Additional factors affecting the skeletal system</p> <p>Learning Aim B: The effects of exercise and sports performance on the muscular system Characteristics, functions and structure of muscles Antagonistic muscle pairs Types of muscle contraction and muscle fibres Responses to exercise Adaptations because of training Additional factors affecting the muscular system</p> <p>Learning Aim C: The effects of exercise and sports performance on the respiratory System Structure and function</p> <p>Unit 4: Learning aim A: Understand the roles, qualities and characteristics of an effective sports leader.</p>	<p>Key Content to be learned:</p> <p>Unit 1: Learning Aim C: The effects of exercise and sports performance on the respiratory System Lung volumes Control of breathing Responses to exercise Adaptations because of training Additional factors affecting the respiratory system</p> <p>Learning Aim D: The effects of exercise and sports performance on the cardiovascular system Structure and function Nervous control Responses to exercise Adaptations because of training Additional factors affecting the cardiovascular system</p> <p>Learning Aim E: The effects of exercise and sports performance on the energy systems The role of ATP The three energy systems; ATP/PC system, lactate system and Aerobic system Adaptations as a result of training</p>	<p>Key Content to be learned:</p> <p>Unit 1: Inter-relationships: Make connections between body systems in response to short-term and long-term exercise and sport participation Linking functions, responses, and adaptations of all body systems.</p> <p>Unit 4 Learning Aim C: Explore an effective leadership style when leading a team during sport and exercise activities.</p> <p>Practical application of the skills and qualities learnt in Learning Aim A Practical application of the correct leadership styles and theories learnt in learning Aim B. Analysis and reviewing skills Independent completion of the internal assignment which will assess learning aim C</p> <p>Unit 3: Learning Aim A: Understanding career and job opportunities Scope and provision of the sports industry Careers and jobs Key Pathways Sources of information on careers in sports.</p>

<p>Roles required in sport and exercise activities Key skills of leaders in sport Key qualities of leaders in sport Key characteristics of leaders in sport Application of skills, qualities and characteristics to different roles. Independent completion of the internal assignment which will assess Learning Aim A</p>	<p>Additional factors affecting energy systems</p> <p>Unit 4: Learning Aim B</p> <p>External psychological factors Internal psychological factors Importance of psychological factors Leadership theories and styles Practical application Independent completion of the internal assignment which will assess Learning Aim B</p>	
<p>Assessment for this module:</p> <p>Unit 1</p> <ol style="list-style-type: none"> 1. Formative: Skeletal system exam section 2. Summative: Skeletal & muscular systems exam sections 3. Formative: 6-mark respiratory exam question. <p>Unit 4</p> <ol style="list-style-type: none"> 1. Formative: Skills, qualities and characteristics of leaders 2. Summative: Learning Aim A- Written Assessment 	<p>Assessment for this module:</p> <p>Unit 1</p> <ol style="list-style-type: none"> 1. Summative: Skeletal, muscular, respiratory system exam sections 2. Formative: cardiovascular system exam section 3. Summative: Section A-E exam. <p>Unit 4</p> <ol style="list-style-type: none"> 1. Formative – Internal and external psychological factors 2. Formative: Leadership Styles and Theories 3. Summative: Learning Aim B – Written Assessment 	<p>Assessment for this module:</p> <p>Unit 1</p> <ol style="list-style-type: none"> 1. Formative: 8-mark inter-relationships question. 2. External Exam (this occurs early May) <p>Unit 4</p> <ol style="list-style-type: none"> 1. Formative assessment – Practical Assessment. 2. Formative Assessment – Review of performance. 3. Summative: Learning Aim C – Written Assessment.