

Sport Studies

Key Stage 4 Sport Studies follows our BTEC First for Sport (Level 2) qualification. This course develops the knowledge and understanding of both practical and theoretical elements of sport. The way we design our KS4 curriculum pathway allows for our students to experience a variety of different sporting roles. For example – sport performer, personal trainer, sports coach and performance analyst.

Unit 1: Fitness for Sport and Exercise (externally assessed).

Topic 1: Components of Fitness

Topic 2: Fitness Tests & Interpreting Fitness Data

Topic 2: Exercise Intensity

Topic 3: Principles of Training

Topic 4: Training Methods

Unit 2: Practical Sports Performance

Assignment 1: Rules and regulations of two sports.

Assignment 2: Practical Sports Logbook

Assignment 3: Practical Sports Performance.

Unit 6: Leading Sports Activities

Assignment 1: Attribute of Successful Sports Leaders

Assignment 2: Planning Sports Activities

Assignment 3: Review Planning and Delivery of Sports Activities

Unit 3: Applying the Principles of Personal Training

Assignment 1: 6 Week Training Programme and My Diary

Assignment 2: Exercise Adherence

Assignment 3: Musculoskeletal System & Cardiorespiratory system

Assignment 4: Review a personal fitness programme

Year 10

Unit 2 – Practical Performance in Sport

Unit 3 – Applying the Principles of Personal Training

Year 11

Unit 1 – Fitness for Sport and Exercise

Unit 6 – Planning and Leading Sports Activities

