Chauncy School – BTEC Sport (Single)

Pearson BTEC Level 3 National Sport

Leadership progression routes

Coaching & leadership skills

Feedback and improvements

Unit 4: evaluate leadership

Adapt to participant needs

Unit 4: reflect on leadership

Evaluate leadership performance

Review session outcomes

Transferable leadership skills



Unit 4 practical evidence



Plan a safe sporting session

Leader roles & responsibilities



Deliver a sports activity session

Observe & evaluate leadership

Session goals, resources & timing



Risk assessment & safeguarding



Communication & motivation



Leadership styles & behaviours



Unit 4: Sports Leadership





CV, cover letters & job applications

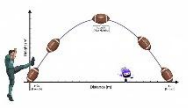
Interview preparation & reflection



Unit 3: career planning

Unit 3 assignment portfolio

Unit 3: Professional Development



Employers & job opportunities



Sports industry careers

Professional skills & qualifications



Personal SWOT analysis

Unit 3: Prof in Sports Industry

Year 12 assessment competed

Year 13



Skills audit & action plan

Programme design for a client



Fitness testing & interpreting results



SMART goals & training adaptations



Training methods & principles





END OF YEAR 12 UNIT 1 EXAM + UNIT 2 EXAM

Nutrition: macronutrients & hydration



Exam preparation: applied anatomy questions



Unit 2: Written exam

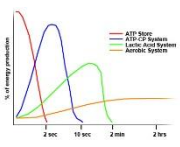
Health screening & lifestyle assessment

Unit 2 – Fitness Training & Programming (external supervised task)

Lifestyle factors & well-being

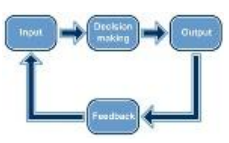
Unit 1 exam practice: knowledge retrieval

Long-term adaptations to training



Responses to exercise

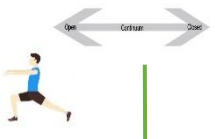




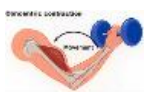


Energy systems



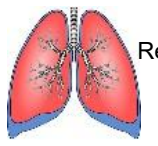


Gas exchange & lung volumes



Cardiovascular system & blood flow

Unit 1: applied knowledge



Respiratory system:



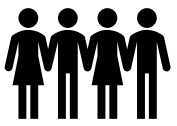
Musculo-Skeletal System



Unit 1 – Anatomy & Physiology (external exam)

Unit 1: Anatomy & Physiology

Year 12



welcome