



National Diploma in Sport and Exercise Science						
<p>Year 12: Our curriculum intent is: In Year 12 students will study 5 units in a range of fields which are assessed via external assessments and internal coursework. Students will develop on prior knowledge from KS4 BTEC PE to examine the body's systems, principles of training, training methods and fitness tests and sports psychology with a main focus on applying these to a variety of different sporting contexts. Student will also understand how the body works and use specific examples when answering exam questions. Students will also examine what makes a successful sports leader and become the role of a sport coach, planning and delivering sessions as well as producing a written evaluation. Finally, students have to opportunity to complete units in Research Methods and Specialised Fitness Testing.</p>						
Term	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer 1	Summer 2
Topic (brief description)	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology <u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 8 - Specialised Fitness Testing	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology <u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 8 - Specialised Fitness Testing	<u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 8 - Specialised Fitness Testing	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology <u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 8 - Specialised Fitness Testing	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology <u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 8 - Specialised Fitness Testing	<u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 8 - Specialised Fitness Testing
Subject Specific Skills	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation
Previous Links	Links to our Y12/13 curriculum come from topics and skills developed in KS3 and KS4. In KS4, students will study Level 2 BTEC First Award in Sport . Units and content from this qualification lead directly in to the KS5 Level 3 BTEC National in Sport and Exercise Science curriculum taught at KS5 at Derby Moor.					
Cross-curricular Skills	Science – Anatomy Psychology – Sports Psychology Maths – Fitness Testing	Science – Anatomy Psychology – Sports Psychology Maths – Fitness Testing	Psychology – Sports Psychology Maths – Fitness Testing	Science – Anatomy Psychology – Sports Psychology Maths – Fitness Testing	Science – Anatomy Psychology – Sports Psychology Maths – Fitness Testing	Psychology – Sports Psychology Maths – Fitness Testing
<p>Post 16 and beyond: Students who study a Level 3 BTEC National in Sport and Exercise Science often go on to study within the field of Sport/Physical Activity at Higher Education Institutes or Apprenticeships in Sport. Society's enthusiasm for sport continues to rise and there has never before been a better or wider range of careers options in the Sports Sector. Past students who have studied this course have gone on to study courses such as; Sport and Exercise Science, Sports Coaching, Physiotherapy, Nutrition as well as amongst others.</p>						



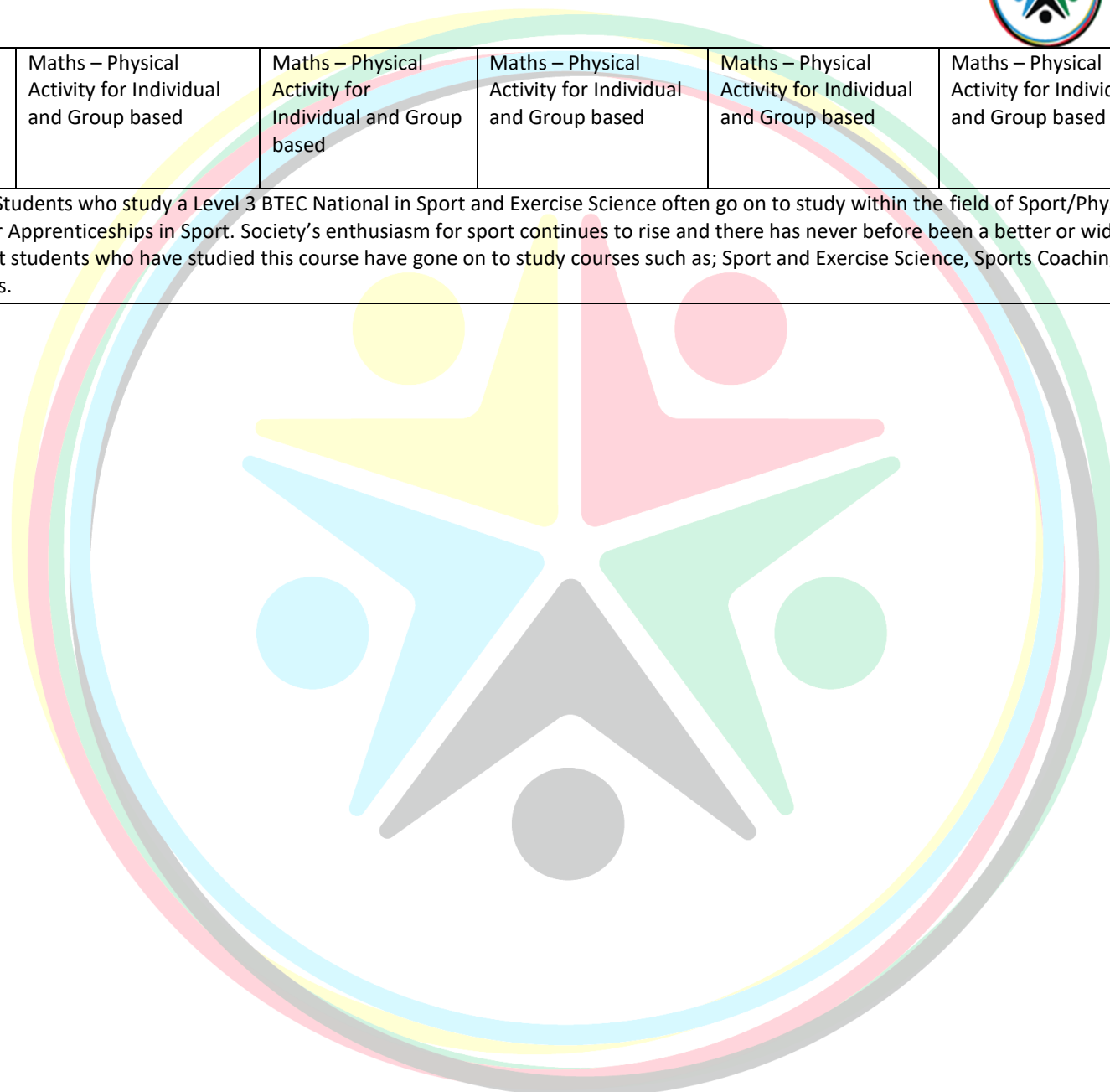
National Diploma in Sport and Exercise Science							
<p>Year 13: Our curriculum intent is: In Year 13, students will study 4 units which are assessed via external assessments and internal coursework. Students will develop on prior knowledge from Year 12 to examine Physiology of the Human Body with a main focus on applying these to a variety of different sporting contexts. Student will also understand how the body works and use specific examples when answering exam questions. Students will also examine what makes a successful sports leader and become the role of a sport coach, planning and delivering sessions as well as producing a written evaluation. Finally, students have to opportunity to complete units in Field and Lab Testing and Physical Activity for Individual and Group-Based Activity.</p>							
Term	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer 1	Summer 2	
Topic (brief description)	<u>Externally Assessed Units</u> Unit 1 – Physiology <u>Internally Assessed Units:</u> Unit 4 – Field and Lab Testing Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based Exercise	<u>Externally Assessed Units</u> Unit 1 – Physiology <u>Internally Assessed Units:</u> Unit 4 – Field and Lab Testing Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based Exercise	<u>Externally Assessed Units</u> Unit 1 – Physiology <u>Internally Assessed Units:</u> Unit 4 – Field and Lab Testing Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based Exercise	<u>Externally Assessed Units</u> Unit 1 – Physiology <u>Internally Assessed Units:</u> Unit 4 – Field and Lab Testing Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based Exercise	<u>Externally Assessed Units</u> Unit 1 – Physiology <u>Internally Assessed Units:</u> Unit 4 – Field and Lab Testing Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based Exercise	<u>Externally Assessed Units</u> Unit 1 – Physiology <u>Internally Assessed Units:</u> Unit 4 – Field and Lab Testing Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based Exercise	<u>Externally Assessed Units</u> Unit 1 – Physiology <u>Internally Assessed Units:</u> Unit 4 – Field and Lab Testing Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based Exercise
Subject Specific Skills	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation
Previous Links	Links to our Y12/13 curriculum come from topics and skills developed in KS3 and KS4. In KS4 students will study Level 2 BTEC First Award in Sport . The units and content from this qualification lead directly in to the KS5 Level 3 BTEC National in Sport and Exercise Science curriculum taught at KS5 at Derby Moor.						



Cross-curricular Skills	Science – Physiology Maths – Field and Lab- Testing	Science – Physiology Maths – Field and Lab-Testing	Science – Physiology Maths – Field and Lab- Testing	Science – Physiology Maths – Field and Lab- Testing	Science – Physiology Maths – Field and Lab- Testing	Science – Physiology Maths – Field and Lab- Testing
<p>Post 16 and beyond: Students who study a Level 3 BTEC National in Sport and Exercise Science often go on to study within the field of Sport/Physical Activity at Higher Education Institutes or Apprenticeships in Sport. Society’s enthusiasm for sport continues to rise and there has never before been a better or wider range of careers options in the Sports sector. Past students who have studied this course have gone on to study courses such as; Sport and Exercise Science, Sports Coaching, Physiotherapy, Nutrition as well as amongst others.</p>						
<p>National Extended Certificate in Sport and Exercise Science Year 12: Our curriculum intent is: In Year 12 students will study 2 units which are assessed via external assessments. Students will develop on prior knowledge from KS4 BTEC PE to examine the body’s systems, principles of training, training methods and fitness tests and sports psychology with a main focus on applying these to a variety of different sporting contexts. Student will also understand how the body works and use specific examples when answering exam questions. Students will also examine how the mind effects sports performance, looking at a variety of factors, theories and interventions which can affect a sports performer.</p>						
Term	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer 1	Summer 2
Topic (brief description)	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology
Subject Specific Skills	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation
Previous Links	<p>Links to our Y12/13 curriculum come from topics and skills developed in KS3 and KS4. In KS4, students will study Level 2 BTEC First Award in Sport. Units and content from this qualification will lead directly in to the KS5 Level 3 BTEC National in Sport and Exercise Science curriculum taught at KS5 at Derby Moor.</p>					



Cross-curricular Skills	Maths – Physical Activity for Individual and Group based	Maths – Physical Activity for Individual and Group based	Maths – Physical Activity for Individual and Group based	Maths – Physical Activity for Individual and Group based	Maths – Physical Activity for Individual and Group based	Maths – Physical Activity for Individual and Group based
Post 16 and beyond: Students who study a Level 3 BTEC National in Sport and Exercise Science often go on to study within the field of Sport/Physical Activity at Higher Education Institutes or Apprenticeships in Sport. Society's enthusiasm for sport continues to rise and there has never before been a better or wider range of careers options in the Sports sector. Past students who have studied this course have gone on to study courses such as; Sport and Exercise Science, Sports Coaching, Physiotherapy, Nutrition as well as amongst others.						





National Extended Certificate in Sport and Exercise Science

Year 13: Our curriculum intent is: In Year 13, students will study 2 units which are assessed via internal coursework. Students will develop on prior knowledge from Year 12 to examine what makes a successful sports leader and become the role of a sport coach, planning and delivering sessions as well as producing a written evaluation. Finally, students have to opportunity to complete a unit which looks at Physical Activity for Individual and Group-Based Activity. In this unit students will look at how physical activity can be planned for different groups of people and will then plan, lead, review and evaluate sessions for these specific groups.

Term	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer 1	Summer 2
Topic (brief description)	<u>Internally Assessed Units:</u> Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based	<u>Internally Assessed Units:</u> Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based	<u>Internally Assessed Units:</u> Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based	<u>Internally Assessed Units:</u> Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based	<u>Internally Assessed Units:</u> Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based	<u>Internally Assessed Units:</u> Unit 6 - Sports Coaching Unit 10 – Physical Activity for Individual and Group based
Subject Specific Skills	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation
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Cross-curricular Skills	Science – Anatomy Psychology – Sports Psychology	Science – Anatomy Psychology – Sports Psychology	Science – Anatomy Psychology – Sports Psychology	Science – Anatomy Psychology – Sports Psychology	Science – Anatomy Psychology – Sports Psychology	Science – Anatomy Psychology – Sports Psychology
<p>Post 16 and beyond: Students who study a Level 3 BTEC National in Sport and Exercise Science often go on to study within the field of Sport/Physical Activity at Higher Education Institutes or Apprenticeships in Sport. Society's enthusiasm for sport continues to rise and there has never before been a better or wider range of careers options in the Sports sector. Past students who have studied this course have gone on to study courses such as; Sport and Exercise Science, Sports Coaching, Physiotherapy, Nutrition as well as amongst others.</p>						
<p>National Extended Diploma in Sport and Exercise Science. Year 12: Our curriculum intent is: In Year 12 students will study 7 units in a range of fields which are assessed via external assessments and internal coursework. Students will develop on prior knowledge from KS4 BTEC PE to examine the body's systems, principles of training, training methods and fitness tests and sports psychology with a main focus on applying these to a variety of different sporting contexts. Student will also understand how the body works and use specific examples when answering exam questions. Students will also examine what makes a successful sports leader and become the role of a sport coach, planning and delivering sessions and producing a written evaluation. Finally, students have to opportunity to complete units in research methods, socio-cultural issues and biomechanics.</p>						
Term	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer 1	Summer 2
Topic (brief description)	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology <u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 7 - Biomechanics Unit 8 - Specialised Fitness Testing Unit 12 - Sociocultural Issues	<u>Externally Assessed Units</u> Unit 2 – Anatomy Unit 3 – Psychology <u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 7 - Biomechanics Unit 8 - Specialised Fitness Testing Unit 12 - Sociocultural Issues	<u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 7 - Biomechanics Unit 8 - Specialised Fitness Testing Unit 12 - Sociocultural Issues	<u>Externally Assessed Unit Resits</u> Unit 2 – Anatomy Unit 3 – Psychology <u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 7 - Biomechanics Unit 8 - Specialised Fitness Testing Unit 12 - Sociocultural Issues	<u>Externally Assessed Unit Resits</u> Unit 2 – Anatomy Unit 3 – Psychology <u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 7 - Biomechanics Unit 8 - Specialised Fitness Testing Unit 12 - Sociocultural Issues	<u>Internally Assessed Units:</u> Unit 5 - Research Methods Unit 6 - Sports Coaching Unit 7 - Biomechanics Unit 8 - Specialised Fitness Testing Unit 12 - Sociocultural Issues



Subject Specific Skills	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation	Communication & SPAG, Explain, Assess, Analyse, Compare & Contrast Evaluation, Justification Spoken Language, Organisation
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Cross-curricular Skills	Science – Anatomy Psychology – Sports Psychology Maths – Biomechanics Sociology – Socio issues	Science – Anatomy Psychology – Sports Psychology Maths – Biomechanics Sociology – Socio issues	Maths – Biomechanics Sociology – Socio issues	Science – Anatomy Psychology – Sports Psychology Maths – Biomechanics Sociology – Socio issues	Science – Anatomy Psychology – Sports Psychology Maths – Biomechanics Sociology – Socio issues	Science – Anatomy Psychology – Sports Psychology Maths – Biomechanics Sociology – Socio issues
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Cross-curricular Skills	Science – Physiology & Nutrition Maths – Field and Lab-Testing IT – Technology in Sport	Science – Physiology & Nutrition Maths – Field and Lab-Testing IT – Technology in Sport	Science – Physiology & Nutrition Maths – Field and Lab-Testing IT – Technology in Sport	Science – Physiology & Nutrition Maths – Field and Lab-Testing IT – Technology in Sport	Science – Physiology & Nutrition Maths – Field and Lab-Testing IT – Technology in Sport	Science – Physiology & Nutrition Maths – Field and Lab-Testing IT – Technology in Sport
<p>Post 16 and beyond: Students who study a Level 3 BTEC National in Sport and Exercise Science often go on to study within the field of Sport/Physical Activity at Higher Education Institutes or Apprenticeships in Sport. Society's enthusiasm for sport continues to rise and there has never before been a better or wider range of careers options in the Sports sector. Past students who have studied this course have gone on to study courses such as; Sport and Exercise Science, Sports Coaching, Physiotherapy, Nutrition as well as amongst others.</p>						