Notley High School
Physical Education

BTEC LEVEL 3 EXTENDED CERTIFICATE IN SPORT

YEAR 13

- Unit 3: Professional Development in the Sports Industry
- Scope and Provision
- Careers and Jobs
- Professional Training Routes, Legislation and Skills
- Sources of Continuing Professional Development
- Personal Skills Audit
- **Assignment Submission**
- Planning Personal Development
- Maintaining a Portfolio
- **Assignment Submission**
- Job Applications
- Interviews and Selected Pathway
- Review and Evaluation
- SWOT and Action Plan
- **Assignment Submission**
- Designing a Psychological Skills Training Programme
- Psychological Skills
- **Assignment Submission**
- Impact of Processes, Cohesion & Leadership
- Leadership
- Cohesion
- Group Processes
- **Assignment Submission**
- Self-Confidence
- Stress, Anxiety and Sports Performance
- Arousal
- Motivational Factors
- Personality Factors
- Unit 6: Sports Psychology

NEXT STEPS

- Future Pathways
- Graduate from University
- Begin University Journey
- Pursue a Career in Sport
- Continue your lifelong love of learning and personal development

YEAR 12

- External Exam
- Principles of Fitness Training Programme
- Power Training Methods
- Reaction Time Training Methods
- Coordination Training Methods
- Balance Training Methods
- Agility Training Methods
- Speed Training Methods
- Flexibility Training Methods
- Core Stability Training Methods
- Muscular Endurance Training Methods
- Muscular Strength Training Methods
- Aerobic Training Methods
- Skill-Related Fitness
- Components of Fitness
- Nutritional Strategies
- Components of a Balanced Diet
- Common Terminology
- Interpreting Results
- Health Monitoring Tests
- Screening Processes
- Lifestyle Modification Techniques
- Negative Lifestyle Factors and Effects
- Positive Lifestyle Factors and Effects
- Unit 2: Fitness Training and Programming
- Start your BTEC course
- External Exam
- Adaptations of Energy Systems
- Aerobic System
- Lactate System
- Role of ATP/ATP-PC
- Responses/ Adaptations
- Nervous Control
- Structure/function of the Cardiovascular System
- Responses/ Adaptations
- Control of Breathing
- Lung Volumes
- Structure/function of the Respiratory System
- Responses/ Adaptations
- Fibre Types
- Muscle Contractions
- Antagonistic Muscle Pairs
- Major Skeletal Muscles
- Characteristics /function of different muscles
- Responses/ Adaptations
- Joints
- Structure/ Function of Skeletal System
- Unit 1: Anatomy and Physiology