



Blue Coat Church of England Academy

Year: 11

Subject: BTEC Sport

Unit 3 – Applying the Principles of Personal Training

This unit is all the individual performer, training to improve and enhance personal fitness for one activity/sport pupils participated in for Unit 2: Practical Performance in Sport. Pupils must select one component of fitness and one method of training that is most appropriate, beneficial and engaging to improve their fitness for their chosen activity/sport. The design of the training programme must be tailored to meet their personal training goals, aspirations and needs.

This unit supports pupils in achieving personal training goals for their chosen activity/sport. Likewise, if pupils already possess good to exceptional levels of fitness, then this unit will help them to develop a training programme to maintain or improve those levels, while giving the opportunity to safely explore other training methods that people might not usually experience. Pupils will also explore how their body responds to the training sessions.

Learning aim A takes pupils through the stages of designing a personal fitness training programme, where they can select a component of fitness and an appropriate method of training to improve or maintain their fitness levels safely for their chosen activity/sport.

For learning aim B, pupils will gain awareness of the musculoskeletal and cardiorespiratory body systems and how they respond during the exercise.

In learning aim C, pupils will implement their personal fitness training programme, maintaining a training diary.

Finally, for learning aim D pupils will review their programme, looking at strengths, areas for improvement and suggesting recommendations for future training and performance. The ability to improve personal fitness is essential for sports performers. However, the same knowledge, understanding and skills are required to improve other people's fitness, and are essential for a number of progression opportunities in the sector, such as qualifications for sports coaches and personal trainers.

Unit 6 – Leading Sports Activities

This unit introduces pupils to sports leadership, enabling them to start on the ladder of leadership and coaching, through delivering components of sports sessions and whole activity sessions. Pupils will be introduced to the basics of sports leadership and then will be required to plan, deliver and evaluate their ability to lead a sports activity session or component of a session.

For learning aim A, pupils will be introduced to the attributes required to be a successful sports leader, giving them knowledge of the skills, qualities and responsibilities associated with success in sports leadership.

Learning aim B enables pupils to consider the planning and leadership requirements for delivering sports activities. Pupils will be given the opportunity to develop their ability and knowledge of sports leadership through developing knowledge of the requirements of planning and target setting for sports performers.

For learning aim C, pupils will evaluate their own effectiveness as a sports leader within the session they planned and delivered. Pupils will need to consider their strengths within the process of sports leadership and plans for further developing their ability as a sports leader.

There are many roles working in sport that require effective and successful sports leadership, including personal training and coaching. This unit provides pupils with what could be their first step into sports leadership, as it could be linked to the completion of a sports leader award, for example Junior Sports Leader Award (JSLA).

Information

More information about the work done in Year 11 can be found at <https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.html>. – Make sure you click on 2018 specification.

You can help your child at home by helping them to research and read around the topics that they will cover each half term, and where possible, encourage them to attend or watch professional sports. Pupils that complete work in their own time and at home will be at an advantage, when it comes to meeting deadlines set within school. Pupils must understand the importance of these deadlines and parents can contribute to this.

We have a variety of clubs available in school and you can help to improve your child's confidence and ability in PE by encouraging them to participate in these.

You can help your child develop their awareness of a healthy lifestyle by involving them in the selection and preparation of healthy family meals and promoting active play and recreation.

Finally, your child will be expected to bring PE kit to every lesson and you may assist your child by checking their timetable with them and identifying the days when they will need their PE kit, before making sure that they own appropriate Blue Coat Academy PE kit.