

Year 12	Year 13
Level 3 BTEC National Extended Certificate in Sport <i>Two units are delivered simultaneously for the full duration of Year 12 (Sept – July):</i> Unit 1 – Anatomy & Physiology: • Skeletal system • Muscular system • Cardiovascular system • Respiratory system. • Short and long-term effects of exercise on all body systems • Energy systems Unit 3 – Professional Development in the Sports Industry • Career and job opportunities in the sport industry • Successful recruitment techniques (job applications and interviews) • Completing a job application in the sport industry • Preparing for, completing, and reviewing own performance in a job interview	Level 3 BTEC National Extended Certificate in Sport <i>Two units are delivered simultaneously for the full duration of Year 13 (Sept – June):</i> Unit 2 – Fitness Training and Programming for Health, Sport, and Wellbeing: • Interpreting lifestyle and health screening information • The effects of lifestyle choices on health and well-being • Lifestyle modification techniques • Nutrition for health and well-being • Training methods and principles Unit 5 – Application of Fitness Testing • Principles of fitness testing • Specific fitness tests for different fitness components • Administration of fitness tests using accurate, reliable methods • Analysing and interpreting fitness test data • Providing feedback from fitness testing results to an individual