Sport Science Learning Journey

THE BRUNTS ACADEMY

SIXTH FORM

Sports Leaders

Level 3 National Extended Certificate in BTEC Sport
You will develop a detailed understanding of key areas, such as body systems, application of fitness testing, fitness training, and careers in the sports industry.

Mock Exam

Topic Area 3
Different types and causes of sports injuries

Topic Area 4
Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

Topic Area 5
Causes, symptoms and treatments of medical conditions

Revision

Exam

Topic Area 2
Warm up and cool down routines. Including physical and psychological benefits

Term 3: R183 completion deadline

YEAR 11

Topic Area 1
Factors that influence the risk of injury

EXAM
R180: Reducing the risk of sports injuries and dealing with common medical conditions

Topic Area 3
Developing a balanced nutrition plan for a selected sporting activity

Topic Area 4
How nutritional behaviours can be managed to improve sports performance

Mocks

Topic Area 2
Applying differing dietary requirements to varying types of sporting activity

Topic Area 1
Components of a balanced diet

COURSEWORK
R183: Nutrition and Sports Performance

Topic Area 5
Evaluate your own performance in the planning and delivery of a fitness training programme

Term 4: R181 completion deadline

YEAR 10

Topic Area 4
Organising and planning a fitness training programme

Topic Area 3
Principles of training and training methods

Topic Area 1
Components of fitness

Topic Area 2
Fitness testing

COURSEWORK
R181: Applying Principles of Training