KS4 – Year 11 – Sports BTEC		
Term	**Topic Titles**	**Brief Overview**
1	**Component 3:Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity** LA1:A Explore the importance of fitness for sports performance LA2: Fitness training principles LA3 Exercise intensity and how it can be determined **B:Investigate fitness testing to determine fitness levels** LB1: Importance of fitness testing and requirements for administration of each fitness test LB2: Fitness test methods for components of physical fitness LB3: Fitness test methods for components of skill-related fitness LB4: Interpretation of fitness test results	**Component 3:Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity** LA1:A Explore the importance of fitness for sports performance LA2: Fitness training principles LA3 Exercise intensity and how it can be determined **B:Investigate fitness testing to determine fitness levels** LB1: Importance of fitness testing and requirements for administration of each fitness test LB2: Fitness test methods for components of physical fitness LB3: Fitness test methods for components of skill-related fitness LB4: Interpretation of fitness test results
2	**C Investigate different fitness training methods** LC1: Requirements for each of the following fitness training methods LC2: Fitness training methods for physical components of fitness LC3: Fitness training methods for skill-related components of fitness LC4: Additional requirements for each of the fitness training methods LC5: Provision for taking part in fitness	Learners should know how to carry out fitness training safely and effectively as part of a training programme. Learners should be able to suggest and justify appropriate physical fitness training methods that could be used for specific sports participants for different ages and different sporting abilities. Learners should be able to suggest and justify appropriate skill-related fitness training methods that could be used for specific sports participants that are different ages and different sporting abilities. Advantages and disadvantages – to include number of people that can take part, cost of equipment, ease of set up, access to venue/location of training, risk of injury to the performer if performed

	training methods LC6: The effects of long-term fitness training on the body systems **D Investigate fitness programming to improve fitness and sports performance** LD1: Personal information to aid fitness training programme design LD2: Fitness programme design LD3: Motivational techniques for fitness programming	incorrectly, effectiveness of training for given sports performer, specificity to component of fitness, replicating demands of the sport Learners should know about the providers of fitness training and how their provision varies in relation to types of equipment available, cost, other support available and access. Learners should know how training methods affect the different body systems, which can lead to adaptations to improve specific components of fitness.
3	**Revision and Exam**	In the final few weeks before external exams start and during the first few weeks of the exams, students focus on structured revision activities.