

BTEC National Extended Certificate in Sport Level 3 — EDEXCEL

YEAR:	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
12	<p>Learning Aim A—The effects of exercise and sports performance on the skeletal system</p> <p>Learning Aim B—The effects of exercise and sports performance on the muscular system</p> <p>Learning Aim C [1] — The effects of exercise and sports performance on the respiratory system</p>	<p>Learning Aim C [2] —The effects of exercise and sports performance on the respiratory system</p> <p>Learning Aim D—The effects of sport and exercise performance on the cardiovascular system</p> <p>Learning Aim E—The effects of exercise and sports performance on the energy systems</p>	<p>Unit 1 January exam = 80-mark paper (1.5 hours)</p> <p>Learning Aim A— Examine lifestyle factors and their effect on health and well-being</p> <p>Spring Exam window = January</p>	<p>Learning aim B— Understand the screening processes for training programming</p> <p>Learning aim C— Understand programme-related nutritional needs</p>	<p>Learning aim D— Examine training methods for different components of fitness</p> <p>Learning Aim E— Understand training programme design</p>	<p>Revision and exam practice</p> <p>Unit 1 [resit only for those that require this] = 80-mark paper (1.5 hours)</p> <p>Unit 2: 60 mark case study paper (2.5 hours)</p> <p>Summer Exam window = May/June</p>
13	<p>Unit 7: Practical Sports Performance</p> <p>Assessment type: Coursework - Internally assessed/externally moderated</p>			<p>Unit 3: Professional Development in the Sports Industry</p> <p>Assessment type: Coursework - Internally assessed/externally moderated</p>		