



This course provides an engaging and relevant introduction to the world of sport. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, the psychology of sport, practical sports performance and sports leadership.

The course is broken down into four assessed units. Students will study three mandatory units, covering the underpinning knowledge and skills required for the sports sector:

UNIT 1 (EXAM 90 minutes)

Fitness for Sport and Exercise

- Components of fitness
- Exercise intensities
- Principles of training
- Methods of training
- Fitness testing

Components of Fitness

Physical Fitness

1. Body Composition
2. Aerobic Endurance
3. Strength (Muscular)
4. Speed
5. Flexibility
6. Muscular Endurance

Skill - related Fitness

1. Co-ordination
2. Reaction time
3. Agility
4. Balance
5. Power

Exercise Intensity

220-Age=Max HR

Training Pyramid

BORG Scale - Rating of Perceived Exertion (RPE)

1	Very light	9-10
2	Light	11-12
3	Light to moderate	13-14
4	Moderate	15-16
5	Moderate to hard	17-18
6	Hard	19-20
7	Hard to very hard	21-22
8	Very hard	23-24
9	Very hard to extremely hard	25-26
10	Extremely hard	27-28

FIT

Frequency - How often do you train? (How many times a week)

Intensity - How hard do you train? (Heart rate/pyramid, BPM, Borg scale RPE)

Time - How long you train for? (min. 30mins)

Type - What type of training method (e.g. weight, circuit, interval...?)

Principles of Training

Specificity - training specific to the individual needs of athlete (Sport, Position, Component of fitness, Age, Gender)

Progressive Overload - Make training gradually harder so body gradually improves and adapts (increase FREQUENCY/INTENSITY/TIME)

Adaptation - Body adapts in response to training (gets stronger because of strength training etc.)

Rest and Recovery - Allows adaptation to take place and to avoid injuries due to fatigue/tiredness (have rest days)

Reversibility - Body will reverse back if training is stopped for a prolonged time (fitness, injury, and motivation)

Variation - Training must be varied to avoid boredom (use different TYPES of training methods)

Training Methods

Warm up - Pulse raiser, stretches, joint mobilisation

Cool down - Pulse lowering, static stretches, developmental stretches (PNF)

Flexibility training

1. Static Stretching - Active (you), Passive (someone/thing else)
2. Ballistic Stretching - bouncing, actions
3. PNF Stretching - stretch, hold, tension, stretch further

Strength, muscular endurance and power training

1. Free weights - Sets, reps, barbell, dumbbell
2. Circuit Training - stations
3. Plyometric - bouncing, throwing, jumping

Aerobic Endurance Training

1. Continuous training - non-stop 30 mins
2. Fartlek Training - "Speed play", slow, medium, fast/different terrain
3. Interval Training - work, rest, work, rest

Speed Training

1. Hollow Sprint - broken up by "hollow" lower level work
2. Acceleration Sprints - jiggling to striding and finally to sprinting at maximum speed.
3. Interval Training - work, rest, work, rest

UNIT 2 (Internally Assessed)

Practical Sports Performance - two sports

- Rules, regulations and scoring system
- Officials
- Skills and tactics
- Practical sports performance
- Review of performance



N.B STUDENTS WILL BE EXPECTED PARTICIPATE IN PRACTICAL LESSONS, SO AN INTEREST IN PE AND SPORT IS REQUIRED

UNIT 3 (Internally Assessed)

Applying the Principles of Personal Training

- Safely and independently design a 6-week training programme
- Identify the structure of the musculoskeletal & cardiorespiratory systems
- Explain the short-term effects of fitness training
- Safely implement a 6-week training programme
- Maintain a 6-week training diary
- Review improvements in fitness



UNIT 6 (Internally Assessed)

Leading Sports Activities

- Skills, qualities and characteristics of Sports Leaders
- Plan 2 Sports sessions
- Independently deliver 1 sports session
- Evaluate your own leadership performance



Employment in a sport career can range from;

- Personal Trainer
- Sports Nutritionist
- PE Teacher
- Sports Coach
- Sports Physiotherapist