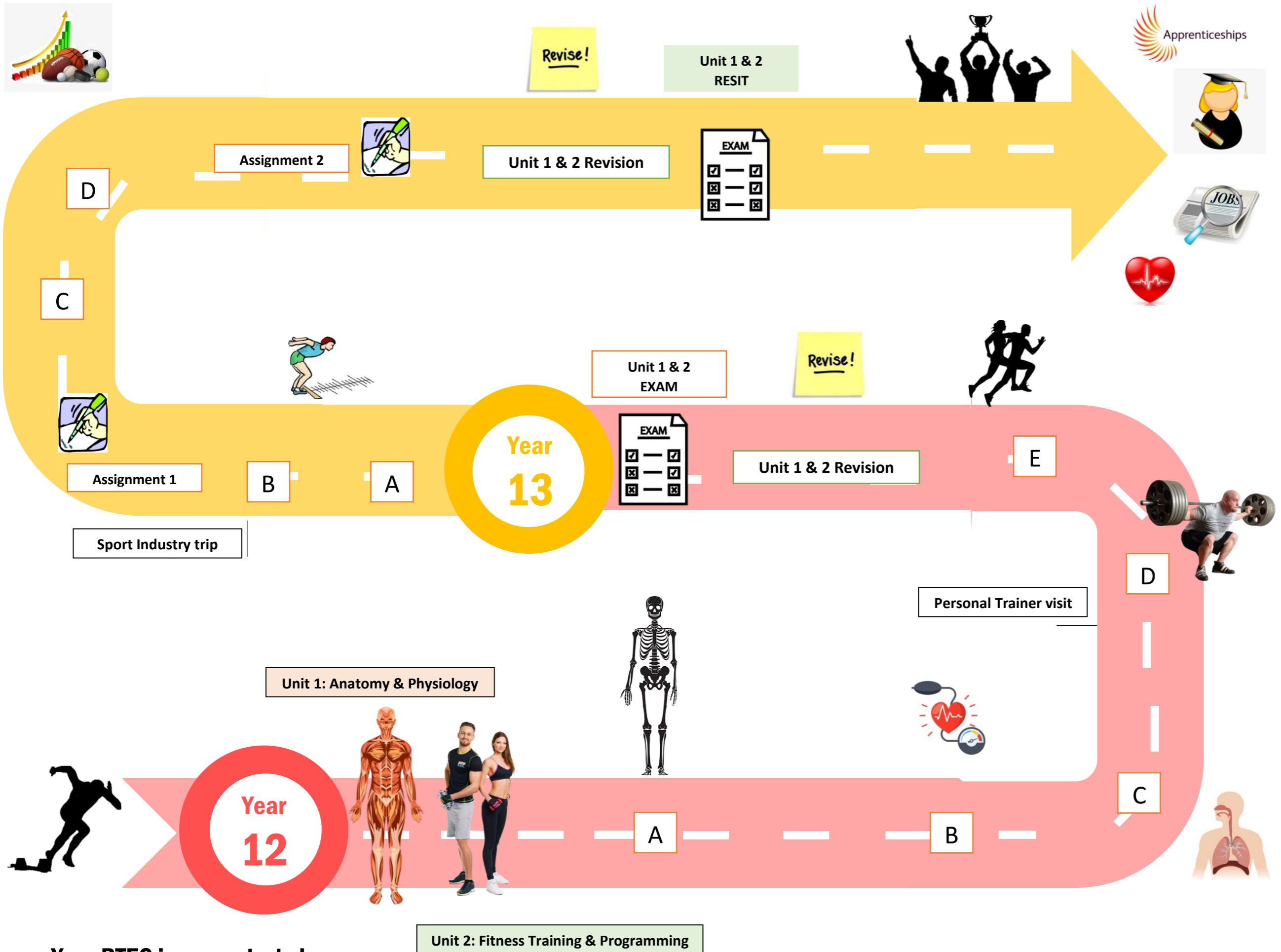


The Aylesbury Vale Academy Physical Education Journey



BTEC Extended Certificate in Sport Curriculum Map



Examinations

- Unit 1: Anatomy and Physiology
80 marks – 1 hour 30 minutes
- Unit 2: Fitness Training and Programming for Health, Sport and Well-Being
Synoptic exam – 2 hours 30 minutes

Coursework

- Unit 3: Professional Development in the Sports Industry
2 assignments
- Unit 5: Application of Fitness Testing
2 assignments

Unit 1

- A. Skeletal System
- B. Muscular System
- C. Respiratory System
- D. Cardiovascular System
- E. Energy Systems

Unit 2

- A. Lifestyle factors and their effects
- B. Screening processes
- C. Nutritional needs
- D. Methods of training
- E. Designing training programmes

Your BTEC journey starts here ...