

Time (term)	Unit Title	Description
12.1 & 12.2	Unit 1 Anatomy and Physiology	Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.
	Unit 2 Fitness Training and programming for health, sport and wellbeing	Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being
	Unit 7 Practical Sport Performance	Learners study the skills, techniques, tactics and rules of selected sports through active participation in individual/team sports
12.3 & 12.4	Unit 19 Development and provision for sport and physical activity	Learners study the development and provision of sport in the UK and its relationship with global sport, including understanding what is needed to write a proposal for a sports development project.
	Unit 31 Current issues in sport	Learners will examine and explore the history of sport, the key issues in modern UK sport and the factors that prevent sport and exercise participation
	Unit 17 Sports injury management	Learners study the signs and symptoms of sports injuries, application of basic treatment and rehabilitation methods, injury risk factors and injury prevention.
12.5 & 12.6	Unit 18 Work experience in active leisure	Learners prepare for, undertake and reflect on a work placement in the sports industry for 2 weeks
	Unit 23 Skill acquisition in sport	Learners study the factors that contribute to a skilled performance in sport and examine how sports performers learn and develop their skills.
	Unit 3 Professional development in the sports industry	Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.
Time (term)	Unit Title	Description
13.1 & 13.2	Unit 8 Coaching for sports performance	Learners will develop the techniques, personal knowledge and ability to deliver coaching sessions.
	Unit 4 Sports Leadership	Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.
13.3 & 13.4	Unit 22 Investigating Business in Sport and the Active Leisure Industry	Learners investigate how business operates in the sport and active leisure industry and how it responds to trends and other influences to meet the needs of clients and to benefit the business
	Unit 10 Sport event organisation	Learners will plan, promote and deliver an approved sports event and review the implementation of the event and their own performance

	Unit 9 Research methods for sport	Learners cover the importance of research, factors affecting the quality of research, an introduction to research and the different methods commonly used in sport-based research.
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