Sport and Exercise Science

KING EDWARD VI
SCHOOL LICHFIELD

Level 3 - BTEC National Extended Certificate - Pearson

Functional Anatomy	Applied Sport and Exercise Psychology
• Anatomical positions, terms and references • Anatomy of the cardiovascular system • Anatomy of the respiratory system • Anatomy of the skeletal system • Anatomy of the muscular system • Analysis of the skeletal and muscular systems and how they produce movements in sport and exercise	• Motivation for sports and exercise • Competitive pressure in sport • Effects of self-confidence, self-efficacy and self-esteem on sport and exercise performance • Mindset in sport and exercise performance • Psychological interventions for sports performance and exercise
Coaching for Performance and Fitness	**Specialised Fitness Training**
• Investigate coaching for performance and fitness • Explore practices, adaptations and measures used to develop performance and fitness • Demonstrate effective planning of coaching to develop performance and fitness • Explore the impact of coaching for performance and fitness	• Examine the fitness requirements, physical characteristics and demands of sport that contribute to effective training and performance • Investigate methods of training for physical and skill-related fitness • Explore the planning of fitness programming

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Applied Research Methods in Sport and Exercise Science	Sport and Exercise Physiology
• Understand the importance of research in sporting environments • Examine key issues that impact on the effectiveness and quality of research in the sport and exercise sciences • Examine the three main approaches to research in the sport and exercise sciences • Apply appropriate research methods to a selected sport and exercise sciences-based research problem	• Responses of the body systems to a single sport or exercise session • Fatigue and how the body recovers from exercise • Adaptations of the body systems to exercise • Environmental factors and sport and exercise performance
Field and Laboratory-based Fitness	**Research Project in Sport and Exercise Science**
• Examine the preparation required prior to sport and exercise field- and laboratory based testing • Undertake anthropometry and somatotype testing procedures in sport • Explore the use of field- and laboratory-based protocols in sport and exercise sciences • Explore profiling of a sports performer following a practical research design using field- and laboratory-based testing	• Plan a sport or exercise science-based research project • Carry out a sport or exercise science-based research project • Produce a sport or exercise science-based research report