



UNITS

Unit 1: Anatomy & Physiology

The Skeletal System, Muscular System, Respiratory System, Cardiovascular System and how they all function to aid sports performance. External exam 1.5 hours (90 marks)

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

Practical based unit looking at the way in which the body adapts to training as the students develop personal training skills and a knowledge of the working body. External Exam 2.5 hours (60 marks)

Unit 3: Professional Development in the Sports Industry

Students explore the knowledge and skills required for different career pathways in the sports industry. Students will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.

Unit 4: Sports Leadership

Students 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.

Unit 8: Coaching for Performance

Learners will develop the techniques, personal knowledge and ability to deliver coaching sessions.

COURSEWORK DEADLINES/EXAMS

WHEN

Y12 ALL UNITS ASSESSED INTERNALLY	JUNE 2026
Y12 UNIT 1 – ANATOMY & PHYSIOLOGY (EXAM)	JAN 2026
Y12 UNIT 2 – FITNESS TRAINING (EXAM)	MAY 2026
YR 13 ALL UNITS ASSESSED INTERNALLY	MAY 2026
YR13 UNIT 22 – INVESTIGATING BUSINESS SPORT (EXAM)	JAN 2026
EXTERNAL MODERATION BY PEARSON EXTERNAL VERIFIER	JUNE 2026

PROJECTS/SCHEME OF WORK/TOPICS

DURING

Y12: UNIT 1, 4 & 8	AUTUMN TERM 2025
Y13: UNIT 6, 7, 22 & 23	AUTUMN TERM 2025
Y12: UNIT 1, 2, 3 & 8	SPRING TERM 2026
Y13: UNIT 6, 7, 22 & 23	SPRING TERM 2026
Y12: REVIEW OF WORK	SUMMER TERM 2026
Y13: REVIEW OF WORK	SUMMER TERM 2026

OTHER INFORMATION

Exam Board and Specification

We follow the Pearson syllabus for the Level 3 National Diploma in Sport. This comprises of 9 units which are studied over the 2 year course and graded at pass, merit or distinction standard.

Textbooks

We use the Collins BTEC National Sport Level 3 book.

Homework and Revision

Homework tasks often involve completing assignments or tasks linking to the assignments.

Equipment

N/A

Contacts

If you have any queries, please telephone the school or contact us at peter.harris@tbshs.org