



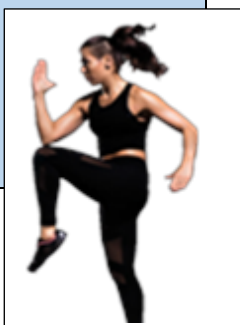
Gordon's School P.E Department

BTEC Extended Certificate - Curriculum Map



Key Words / Skills:

Evaluate
Analyse
Discuss
Justify
Describe
Explain



Year 13

Unit 3 Content

A – Understand the career and job opportunities in the sports industry
B – Explore own skills using a skills audit to inform a career development action plan

Unit 3 Content

C - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway
D – Reflect on the recruitment and selection process and your individual performance

Unit 2 Content

C – Understand programme-related nutritional needs
D – Examine training methods for different components of fitness
E – Understand training programme design

Unit 2 Content

A – Examine the lifestyle factors and their effect on health and well-being
B – Understand the screening processes for training programming

Unit 2 Examination
January

Unit 1 Examination
June

Unit 5 Content

C – Undertake evaluation and feedback of fitness test results

Unit 1 Content

E - The Effects of exercise and sports performance on the Energy System

Year 12

Unit 5 Content

A – Understand the Principles of Fitness Testing
B – Explore fitness tests for different components of fitness

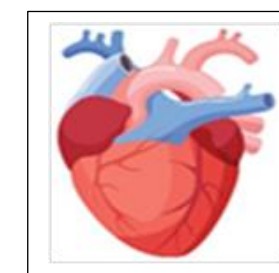
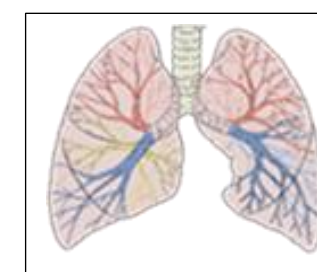
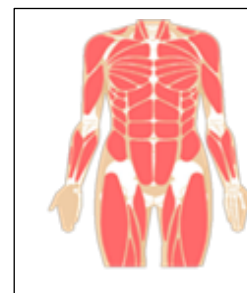
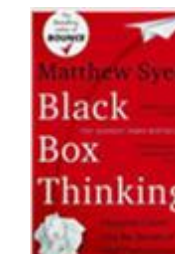
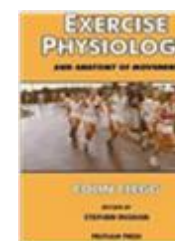
Unit 1 Content

A – The Effects of exercise and sports performance on the Skeletal System
B - The Effects of exercise and sports performance on the Muscular System

Unit 1 Content

C - The Effects of exercise and sports performance on the Respiratory System
D- The Effects of exercise and sports performance on the Cardio-vascular System

Recommended Reading



Exam Specification:



Should this QR code not work, please click [here](#) to view the relevant specification