



Sport Studies

Year 12

Students wishing to continue their interest in physical education can do so with a course in Sixth Form. They have the option of either the Edexcel BTEC National Diploma in Sport and Exercise Science (equivalent to 2 A level choices). Students will be assessed in three different ways: an examination in Anatomy and Physiology, a controlled assessment task for psychology and written assignments in all the other units.



In year 12 Students will undertake two written examinations. The Unit 1 Anatomy and physiology examination is similar in nature to the NCFE examination and students will answer questions ranging from Muscles and Bones to Energy systems. The Unit 2 examination is a synoptic assessment where students are given a scenario related to an individual's health and lifestyle. Students will prepare notes prior to the examination and then complete a written assessment using these notes to answer extended questions relating to interpreting the individual's lifestyle and how they can improve this in order to meet their training goals.

Year 13

This course is designed to provide students with a vocational understanding of the types of



job that are available if they choose sport and exercise as a possible career path and this is assessed in their first coursework in year 13 (Unit 3). This coursework is designed to get students to think about the career pathway they would like to follow in the Sports Industry. Students will research a variety of pathways and job opportunities, utilising this research to analyse their

personal strengths and weaknesses, and the opportunities to develop these in order to support their application to their chosen career. Students also undertake selection activities such as completing job applications, teaching lessons, and mock interviews to aid in their professional development.



The second piece of coursework (Unit 5) surrounds fitness testing. Students will in this assignment cover all aspects of fitness testing and compare them to elite performers. Students will then create a training programme to eliminate weaknesses in their performers fitness profile.



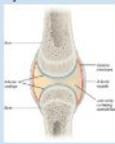
Joints

Learning objective. To understand the Joint structure and function of the different types of joints:

Starter
 Outline the bones that articulate at the shoulder joint and ankle joint?
 The bones which articulate at the shoulder are- the humerus, the clavicle and the scapula.
 The bones which articulate at the ankle are- the tibia, the fibula and the tarsals.

A joint is where!
 Definition "A place where 2 or more bones meet"
https://www.youtube.com/watch?v=c6RoL_GVCu6E

List and name the three types of joint.

| Name (Diagram) | Description | Sporting Example |
|--|--|--|
|  Synovial | Freely moveable Held together by synovial fluid Examples=hinge, ball and socket, pivot, condyloid, gliding | For example a rugby player would use the hinge joint in the knee when running to get the ball in a tackle or running with the ball towards the try line. Flexion and extension. |
|  Cartilaginous | Slightly moveable Held together by cartilage Example=between most vertebrae | A gymnast would use his vertebrae which is a cartilaginous joint, they will use this when bending their body and flipping when doing a flip. Allows slight movement protecting the spinal cord. |
|  Fixed | Immoveable Held together by fibrous tissue Example=cranium | A football player would use this when heading the ball as he is using his cranium which is a fixed joint. Protecting the brain. |

Exemplar work from Sam year 13 from Unit 1

What are the HW Expectations?

Across A level study, students will be expected to complete a range of homework tasks. Often this takes the form of academic readings, research into specific topics and essay writing. Students will need to complete these tasks to supplement their learning.

How will I be assessed?

Students will regularly have low stake quizzes and termly milestones to assess their progress. At the End of their first year, students will undertake the 2 examination components. If they successfully pass these units they will be assessed on 2 pieces of coursework in year 13.

Video/picture analysis/test.
 Outline 10 actions taking place at 10 different joints
 (Ext 14!)



Students will be assessed on 2 pieces of coursework in year 13.



What equipment/books do I need to be successful?

Revision guides and Textbooks are given to the students, which will cover all the specialist study areas and provide questions and assessments for them to complete during the course. A laptop/Chromebook is essential for completing assignments and completing tests.

What other opportunities exist outside the classroom?

Students will visit Canterbury University as part of their course and undertake fitness testing activities.