

STUDENT 'ASSESSMENT RECORD'

Subject Name	Subject Code	Link to Specification
BTEC Extended National Diploma in sport	500/6764/3	https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/2010/Specification/9781446934388_BTEC_90c_L3_Sport_Iss3.pdf

Evidence	Name of Assessment	Type of Assessment	Date	Content	Level of Control <small>(email from 6th May for further explanation)</small>
1	UNIT 1 Principles of Anatomy & Physiology	<ul style="list-style-type: none"> Written assessments of the functions of the body. Structure and fundamental requirements of the body systems during physical activity Components of the body's structure responsible for increased Oxygen transportation to working muscles and the energy systems required to sustain sports performances. 	September 2019 to February 2020	The aim of this unit is to explore the structure and function of the skeletal, muscular, cardiovascular and respiratory systems and also to learn the fundamentals of the energy systems..	Medium too High (at home and in class)
2	UNIT 2 The Physiology of Fitness	<ul style="list-style-type: none"> Written and independent fitness assessments on the body's response to exercise 	September 2019 to June 2020	This unit provides an opportunity for learners to explore the body's response to acute exercise and how the body adapts to long-term exercise participation.	Medium to High (at home and in class)
3	UNIT 3 Assessing Risk in Sport	<ul style="list-style-type: none"> Written and practical demonstration of conducting safe sports participation. Complying with legislation, law and regulations 	September 2019 to June 2020	The aim of this unit is to make the learner explicitly aware of the vital nature of risk assessment and its management within the sports industry.	Medium too High (at home and in class)
4	Unit 4 Fitness Training & Programming	<ul style="list-style-type: none"> Mix of written and practical demonstration of running a program 	September 2019 to June 2020	The aim of this unit is for learners to be able to plan fitness training	Medium too High (at home and in class)

		that has been designed by the student.		sessions and design fitness training programmes.	
5	Unit 6 Sports Development	<ul style="list-style-type: none"> Investigation of sport structure in the UK looking at the role of organisations and barriers to participation at different performance levels. 	September 2019 to June 2020	The aim of this unit is to provide the learner with an overview of the principles of sports development, the key agencies involved and to provide practical examples of current practice.	Medium too High (at home and in class)
6	Unit 7 Fitness testing	<ul style="list-style-type: none"> Written assessment of the fitness test, but due to covid the delivery of Being able to use health screening techniques and administer appropriate fitness tests 	September 2019 to June 2020	The aim of this unit is to enable learners to gain an understanding of fitness testing and the importance of health screening and health monitoring tests.	Medium too High (at home and in class)
7	Unit 8 Practical team sports	<ul style="list-style-type: none"> Written assessment of teams sports with practical demonstration of a selection of sports, skills , techniques and tactics. 	September 2019 to June 2020	The aim of this unit is to enable learners to explore the skills, techniques, tactics and rules of team sports through practical participation.	Medium too High (at home and in class)
8	Unit 9 Practical Individual Sports	<ul style="list-style-type: none"> Written assessment of individual sports with practical demonstration of a selection of sports, skills , techniques and tactics. 	September 2019 to June 2020	The aim of this unit is to enable learners to explore the skills, techniques, tactics and rules of team sports through practical participation.	Medium too High (at home and in class)
9	Unit 13 Leadership in sport	<ul style="list-style-type: none"> Assessment of the roles, responsibilities and characteristics of leadership Planning of leadership sessions 	September 2019 to June 2020	The aim of this unit is to examine the characteristics of effective sport or exercise leadership and to give learners the opportunity to demonstrate own planning and delivery of a sport or exercise session.	Medium too High (at home and in class)
10	Unit 22 Rules, Regulations and Officiating	<ul style="list-style-type: none"> Written assessment of the roles and responsibilities of officials and the practical development of own 	September 2019 to June 2020	The aim of this unit is to enable learners to explore Roles ,	Medium too High (at home and in class)

		officiating. Prepare and evaluate self effectiveness.		responsibilities and application of these when officiating in sports	
11	Unit 5 sports coaching	<ul style="list-style-type: none"> • Written assessment and planning of coaching sessions. • Completing coaching sessions on a web delivery basis due to covid. • Reflection and feedback of coaching skills and application 	September 2020 to May 2021	The aim of this unit is to develop a learners understanding and knowledge of the roles, responsibilities, skills and techniques of a sports coach and how to apply them whilst coaching and/or leading sports sessions.	Medium too High (at home and in class)
12	Unit 11 Sports Nutrition	<ul style="list-style-type: none"> • Written assessments and investigation research into the nutritional elements of sports performances. 	September 2020 to May 2021	The aim of this unit is to provide a broad understanding of the importance of nutrition and hydration to a variety of sports participants.	Medium too High (at home and in class)
13	Unit 14 Exercise, Health and Lifestyle	<ul style="list-style-type: none"> • Written assessment and practical planning of healthy lifestyle plan, to increase performance and wellbeing. 	September 2020 to May 2021	The aim of this unit is for learners to be able to assess the lifestyle of an individual and provide advice on lifestyle improvement.	Medium too High (at home and in class)
14	Unit 15 Instructing Physical Activity	<ul style="list-style-type: none"> • Written investigation, design, plan and deliver a physical activity then review. Practical leading and coaching also demonstrated in the delivery phase 	September 2020 to May 2021	The aim of this unit is for learners to be able to design, plan, deliver and review exercise sessions which meet the needs of different client groups.	Medium too High (at home and in class)
15	Unit 17 Psychology for Sports Performance	<ul style="list-style-type: none"> • Investigation of the Psychological theory that effect sports performance. • Written assessments and research based application for designing and evaluation a psychological program to control issues surrounding performance and the psychological implications that are at play. 	September 2020 to May 2021	The aim of this unit is to develop learners' understanding of the psychological dimensions of sport and develop techniques to improve sporting performance.	Medium too High (at home and in class)

16	Unit 18 Sports Injuries	<ul style="list-style-type: none"> Written assessment of understanding the types of injuries accruing in sports performance. The use of rehabilitation methods and planning the process of recovery for different injuries. 	September 2020 to May 2021	The aim of this unit is to provide learners with an overview of injury prevention, identification and basic treatment. The unit also explores differing rehabilitatory interventions for common sports injuries.	Medium too High (at home and in class)
17	Unit 23 Organising Events	<ul style="list-style-type: none"> Written assessment on the types of sports events, the practical plan , delivery and evaluation of events 	September 2020 to May 2021	This unit will enable learners to plan, deliver and review a sports event.	Medium too High (at home and in class)
18	Unit 24 PE and Care of Children	<ul style="list-style-type: none"> Written assessment and reflection of Physical education curriculum in schools. The understanding and planning of PE sessions with the application of learning theories. Evaluation of the Safeguarding that is involved in schools and extra curricula sports clubs. Analysis and application of the importance of legislation and training 	September 2020 to May 2021	The aim of this unit is to provide a basis of understanding for those intending to teach or instruct children and young people.	Medium too High (at home and in class)
19	Unit 26 Work Experience	<ul style="list-style-type: none"> Job investigations achieved and looking at employment opportunities in the sports industry. 	September 2020 to January 2021	The aim of this unit is to provide learners with the skills needed to undertake a work experience placement in the sports industry.	Medium too High (at home and in class)

Outline the rationale for the choice of assessment evidence used, i.e. why the evidence above was used and how it supported the grading decision:-

The exam board Pearson requires that all four units that have been studied towards, are included in the basket of evidence.