

STUDENT 'ASSESSMENT RECORD'

Subject Name	Subject Code	Link to Specification
BTEC National Extended Subsidiary Diploma in sport	500/6751/5	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 (email from 6 th May for further explanation)
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 Theory application and practical demonstration of fitness and monitoring of the changes to the body. 	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 7 Fitness testing	<ul style="list-style-type: none"> Written assessment of the fitness test, being able to use health screening techniques and administer appropriate fitness tests and interpreting the results of 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)

5	Unit 4 Fitness Training & Programming	<ul style="list-style-type: none"> Mix of written and practical demonstration of running a program that has been designed by the student. Evaluating effectiveness. 	September 2020 to May 2021	The aim of this unit is for learners to be able to plan fitness training sessions and design fitness training programmes.	Medium too High (at home and in class)
6	Unit 13 Leadership in sport	<ul style="list-style-type: none"> Written Assessment of the roles, responsibilities and characteristics of leadership Planning of leadership sessions Delivery assessment achieved, via online fitness sessions and practical delivery as part of unit 4. 	September 2020 to May 2021	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)
7	Unit 14 Exercise, Health and Lifestyle	<ul style="list-style-type: none"> All planning and theory elements of the unit achieved and homework, work books and group discussion used as ongoing assessing of students level in this unit. The importance of having a healthy lifestyle plan, to increase performance and wellbeing vital in current climate. 	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.	N/A – work in class work only.

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.