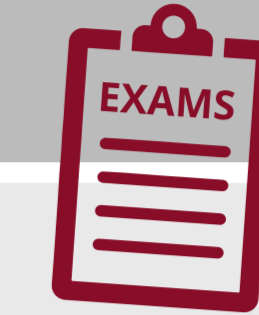




PE Pros6



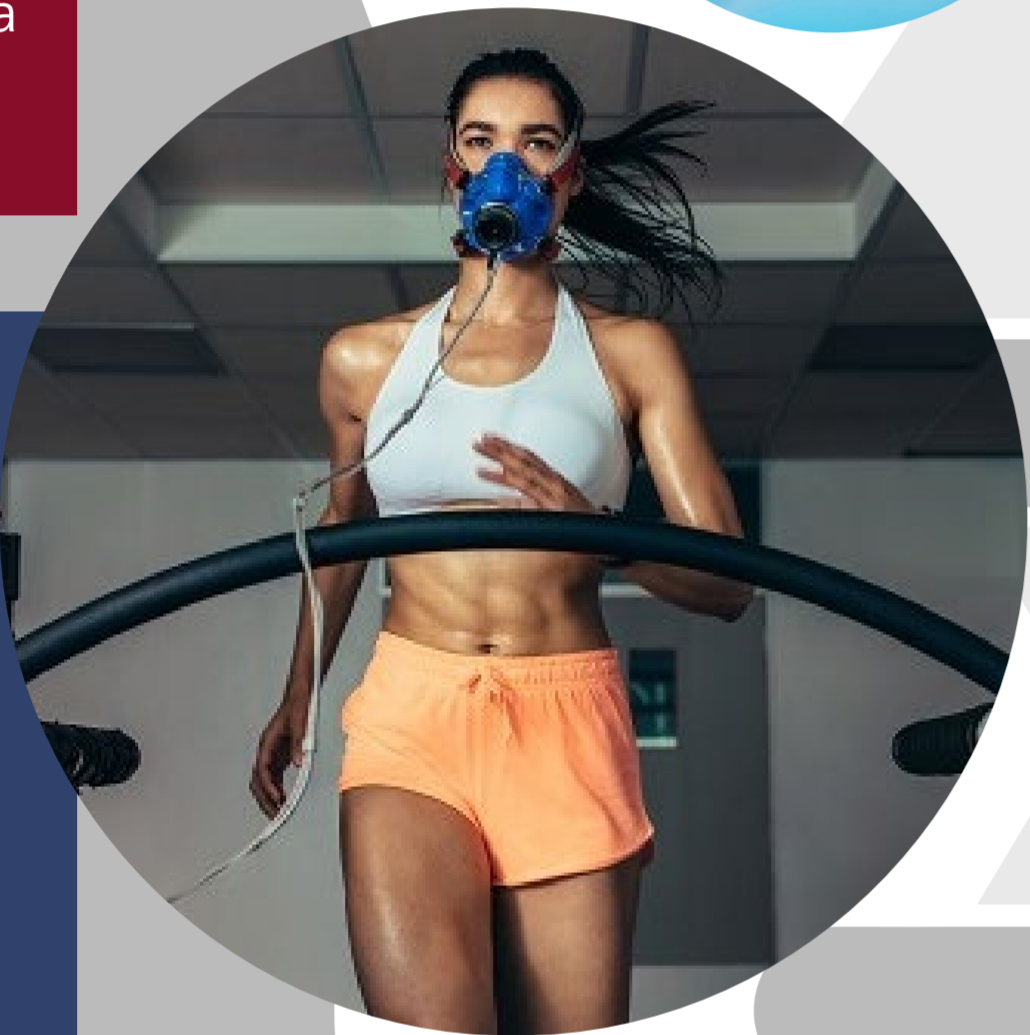
TRANSITION

Mastery in Year 13

- Unit 2: Students will explore the process required for screening clients and assessing their lifestyle and nutritional intake.
- Unit 3: Students will research the different possible careers and the associated job roles in the sports industry, then action plan their development towards achieving a selected career aim.

Mastery in Year 12

- Unit 1: Students will explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance.
- Unit 5: Students will explore the principles of fitness testing and examine the factors affecting the selection and administration of tests, including validity, reliability and suitability of tests.



U3: THE SPORTS INDUSTRY
What career and job opportunities in the sports industry are there?



U3: CAREER PLAN
What skills do you have?



U3: RECRUITMENT
What do you need to do to ensure success in the recruitment process?



REVISION AND COMMENCEMENT OF EXTERNAL EXAMS

U2: TRAINING PROGRAMME
How is a fitness programme developed??



U2: IMPROVEMENT PLAN
How do you determine how an individual's health and well-being could be improved?



U2: HEALTH SCREENING
Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests



U2: LIFESTYLE, NUTRITION AND TRAINING METHODS
How can individual develop their health and wellbeing?



YEAR 13

U5: FITNESS TESTS
What fitness test different components of fitness?



U5: PROCESS OF EVALUATION
What is the process of evaluation and feedback of fitness test results when dealing with clients?



U2: LIFESTYLE CHOICES
What are the effects of lifestyle choices on an individual's health and well-being?



U5: PRINCIPLES OF FITNESS TESTING
What are the key principles of fitness testing?



U1: ENERGY SYSTEMS
What are the effects of exercise and sports performance on the energy systems?



U1: CARDIOVASCULAR SYSTEM
What are the effects of exercise and sports performance on the cardiovascular system?



YEAR 12

U1: SKELETAL SYSTEM
What are the effects of exercise and sports performance on the skeletal system?



U1: MUSCULAR SYSTEM
What are the effects of exercise and sports performance on the muscular system?



U1: RESPIRATORY SYSTEM
What are the effects of exercise and sports performance on the respiratory system?

