

BTEC Sport Curriculum

Unit 5 (Principles of Fitness and Testing)

- Skill-related components of fitness
- Physical components of fitness
- Tests of components of fitness

Health, Fitness and Wellbeing

- The meaning of health and fitness
- Consequences of a sedentary lifestyle
- Somatotypes
- Bones and functions of the skeleton
- Muscles of the body

01

02

03

Unit 5 (Continued...)

- Fitness testing protocols
- Validity of fitness testing
- Reliability of fitness testing
- Unit 5 assessment

04

Unit 2 (Training for personal fitness)

- Types of training
- How to structure a training program
- Principles of training
- Applying principles of training

Unit 2 (Continued...)

- Completing a personal training program
- Personal training programme review

05

Unit 1 (Practical Sport)

- Rules and regulations of sport
- Roles in sport
- Structure of sporting organisations

06