





The curriculum for this stage of students' education has been designed to enable them to explore ways of screening clients and assessing their lifestyle and nutritional habits. The ability to screen clients and design fitness training programmes is essential for anyone working in the health and fitness industry, and for sports coaches looking to improve individuals' or teams' performance. Students will explore lifestyle factors and their effects on health, recommendations to promote healthy living, programme-related nutritional needs, training methods for components of fitness and principles of training programming.

<p><b>HALF TERM 1</b> Unit 2: Fitness Training and Programming for health and well-being.</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• The importance of lifestyle factors in the maintenance of health and well-being.</li> <li>• The negative lifestyle factors and their effects on health and well-being.</li> <li>• How lifestyle modification techniques can be used to reduce unhealthy lifestyle behaviours.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Knowledge recall questions in starter activities, end of topic tests, homework tasks, GL Tasks, presentations.</p>	<p><b>HALF TERM 2</b> Unit 2: Fitness Training and Programming for health and well-being.</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• How to interpret the lifestyle of a selected individual using appropriate screening documentation.</li> <li>• How to interpret health monitoring results of a selected individual using normative data and make appropriate recommendations.</li> <li>• How to interpret health monitoring data against health norms and make judgments.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Knowledge recall questions in starter activities, end of topic tests, homework tasks, GL Tasks, presentations, video evidence, coursework.</p>	<p><b>HALF TERM 3</b> Unit 2: Fitness Training and Programming for health and well-being.</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• Common nutritional terminology</li> <li>• The components of a balanced diet.</li> <li>• Different nutritional strategies for individuals taking part in different training programmes.</li> <li>• The components of physical and skill related fitness and the application to sport.</li> <li>• Appropriate training methods that might be included in the design of a training plan.</li> <li>• The principle of fitness training and programme design to ensure an athlete's success.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Knowledge recall questions in starter activities, end of topic tests, homework tasks, GL Tasks, presentations, coursework.</p>
<p><b>HALF TERM 4</b> Unit 3: Professional Development in the Sports Industry.</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• The scope and provision of the sports industry.</li> <li>• About the careers and jobs in the sports industry.</li> <li>• The professional training routes, legislation, skills in the sports industry.</li> <li>• Sources of continuing professional development (CPD).</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Written piece of coursework. Presentations. Recall of knowledge via GL Tasks.</p>	<p><b>HALF TERM 5</b> Unit 3: Professional Development in the Sports Industry.</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• About personal skills audits for potential careers.</li> <li>• How to plan personal development towards a career in sport.</li> <li>• How to maintain a personal portfolio/record of achievement an experience.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Written piece of coursework and video evidence.</p>	<p><b>HALF TERM 6</b> Unit 3: Professional Development in the Sports Industry.</p> <p><b>STUDENTS MUST KNOW:</b></p> <ul style="list-style-type: none"> <li>• About job applications.</li> <li>• About interviews and selected career pathway-specific skills.</li> <li>• How to review and evaluate applications interviews.</li> <li>• How to update strengths, weaknesses, opportunities and threats and devise an individual action plan.</li> </ul> <p><b>HOW THIS WILL BE ASSESSED:</b> Written piece of coursework and video evidence.</p>

**Embedding this knowledge can be supported at home by reviewing class notes, guided learning wider reading, independent research and study, completing set independent study tasks, watching and participating in sporting activities – understanding current issues in the sporting world.**