



The curriculum for this stage of students' education has been designed to build upon knowledge gained in Year 10 of fitness training and its principles, by helping them understand the short-term effects of regular exercise on a person's body and how they change and develop as their training progresses into long-term adaptations. Students will then explore why these changes take place and what causes the change in physiological responses over a period of time. The curriculum for the second part of the year is synoptic and has been designed to enable students to think about all the learning from across the qualification and use it to respond to the assessment. Students will be taken through the stages of designing a personal fitness training programme and gain an awareness of the cardiorespiratory and musculoskeletal systems and how they respond during exercise. They will then implement their personal fitness training programme, maintaining a training diary.

<p>HALF TERM 1: Unit 5 The sports performer in action Learning Aim A: Know about the short-term responses and long-term adaptations of the body systems to exercise.</p> <p>STUDENTS MUST KNOW: A1: The short-term effects of exercise on the musculoskeletal system A2: The short-term effects of exercise on the cardiorespiratory system A3: The long-term adaptations of the musculoskeletal system to exercise A4: The long-term adaptations of the cardiorespiratory system to exercise</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>	<p>HALF TERM 2: Unit 5 The sports performer in action Learning Aim B: Know about the different energy systems used during sports performance.</p> <p>STUDENTS MUST KNOW: B1: The function of the anaerobic energy system B2: The function of the ATP/CP/lactic acid anaerobic system B3: The function of the Glycolysis/lactic acid anaerobic energy system B4: The function of aerobic energy system</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>	<p>HALF TERM 3: Unit 3 Applying the principles of personal training Learning Aim A: Design a personal fitness training programme. Learning Aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.</p> <p>STUDENTS MUST KNOW: A1: Personal information which needs to be gathered to aid training programme design A2: How to independently design a 6-week training programme B1: The structure and function of the Musculoskeletal System B2: The structure and function of the Cardio respiratory</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>
<p>HALF TERM 4: Unit 3 Applying the principles of personal training Learning Aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives.</p> <p>STUDENTS MUST KNOW: C1: How to Safely implement a personal fitness training programme C2: How to keep a training diary for each session C3: How to measure success whilst undertaking the fitness training programme.</p> <p>HOW THIS WILL BE ASSESSED: Practical assessment – safely undertaking training programme Written piece of coursework – training diary</p>	<p>HALF TERM 5: Unit 3 Applying the principles of personal training Learning Aim D: Review a personal fitness training programme.</p> <p>STUDENTS MUST KNOW: D1: How to review/evaluate a training programme</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>	<p>HALF TERM 6:</p> <p style="text-align: center;">EXAMS</p>

Embedding this knowledge can be supported at home by:
Reviewing class notes, completing set independent study tasks, researching/reading around topics.