



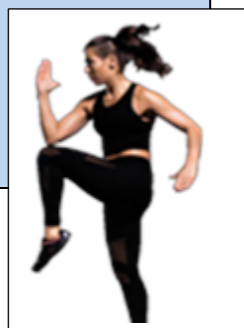
# Gordon's School P.E Department

## BTEC Extended Certificate - Curriculum Map



### Key Words / Skills:

Evaluate  
Analyse  
Discuss  
Justify  
Describe  
Explain



**Year 13**

### Unit 3 Content

A – Understand the career and job opportunities in the sports industry  
B – Explore own skills using a skills audit to inform a career development action plan

### Unit 3 Content

C - Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway  
D – Reflect on the recruitment and selection process and your individual performance

### Unit 2 Content

C – Understand programme-related nutritional needs  
D – Examine training methods for different components of fitness  
E – Understand training programme design

### Unit 2 Content

A – Examine the lifestyle factors and their effect on health and well-being  
B – Understand the screening processes for training programming

**Unit 2 Examination**  
**January**

**Unit 1 Examination**  
**June**

### Unit 4 Content

C – Explore an effective leadership style when leading a team during sport and exercise activities.

### Unit 1 Content

E - The Effects of exercise and sports performance on the Energy System

**Year 12**

### Unit 4 Content

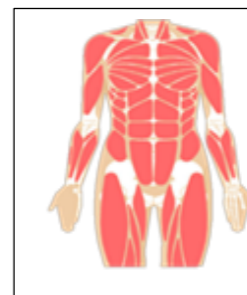
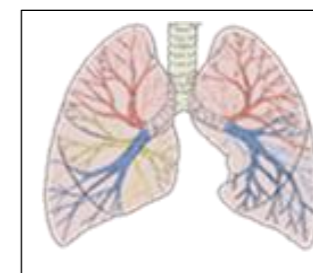
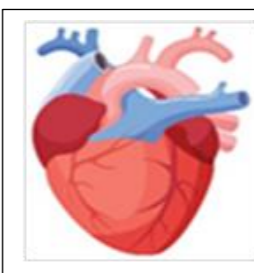
A – Understand the roles, quantities and characteristics of an effective sports leader.  
B – Examine the importance of psychological factors and their link with effective leadership

### Unit 1 Content

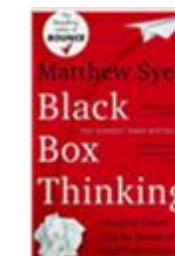
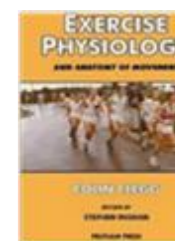
A – The Effects of exercise and sports performance on the Skeletal System  
B - The Effects of exercise and sports performance on the Muscular System

### Unit 1 Content

C - The Effects of exercise and sports performance on the Respiratory System  
D- The Effects of exercise and sports performance on the Cardio-vascular System



### Recommended Reading



Exam Specification:



Should this QR code not work, please click [here](#) to view the relevant specification