St John Bosco College

SUBJECT: CTEC SPORT **YEAR GROUP:** 12 EX CERT

Curriculum Intent:
The Year 12 curriculum for the CTEC Sport Level 3 Extended Certificate is meticulously designed to inspire, challenge, and equip students with both the theoretical and practical knowledge necessary to excel in the sports industry. Our intent is to nurture informed, skilled and reflective practitioners who can contribute positively to the sports sector.

- Unit 1 "Body Systems and the Effects of Physical Activity" introduces students to the foundational anatomical and physiological concepts required to understand how the human body responds to and recovers from exercise.
- Unit 17 "Sports Injuries and Rehabilitation" provides an in-depth exploration into the prevention, diagnosis, and treatment of sports injuries. This unit empowers students with practical skills in designing and implementing rehabilitation programs, critical for those aspiring to roles in sports therapy, coaching, and fitness instruction.
- Unit 19 "Sport and Exercise Psychology" delves into the psychological factors affecting performance and participation in sport and exercise. Students will examine theories of motivation, personality and anxiety, applying this knowledge to develop strategies for enhancing individual and team performance.

Key Knowledge and End Points for Academic Year:

- Ability to explain the effects of exercise on the body systems.
- Competence in conducting basic health screening and fitness assessments.
- Development of personal fitness plans based on scientific principles.
- Proficiency in identifying potential risk factors and implementing preventative measures.
- Skills in designing and executing rehabilitation programs for sports injuries.
- Understanding of the psychological impact of sports injuries and strategies for psychological support.
- Ability to apply psychological theories to improve individual and team performance.
- Skills in using psychological strategies to enhance motivation and manage stress.
- Understanding of the role of psychology in exercise adherence and sports participation.

Term	**Termly Focus**	**Core Knowledge objectives** *The minimum all students should know in order to access later concepts*	**No excuse vocabulary** *6-8 words*	**Knowledge retrieval tasks** *When past topics can be revisited-* ***reference year or term***	**Depth and Breadth:** *Links to wider curriculum*
Autumn 1	• Unit 1: Body systems and the effects of physical activity	• To understand the structure and function of the skeletal system. • To explore the musculoskeletal system's response to physical activity.	1. Axial and appendicular skeleton 2. Synovial joint	• Linking the understanding of musculoskeletal anatomy (from GCSE PE or earlier units) to specific sports injuries and their rehabilitation processes.	• Health and wellbeing • Fitness

	• Unit 17: Sports Injuries and Rehabilitation	• To learn the basic anatomy and physiology of the cardiovascular and respiratory systems. • To identify common sports injuries and classify them as acute or chronic. • To understand the anatomy and physiology relevant to common injuries, including the mechanisms of injury. • To learn initial response protocols for sports injuries (e.g., RICE - Rest, Ice, Compression, Elevation).	3. Osteoporosis and arthritis 4. Cardiac output 5. Acute 6. Chronic 7. Sprain 8. Strain	• Applying knowledge of the body's physiological responses to exercise (from earlier units) to understand injury prevention and the rehabilitation process.	
Autumn 2	• Unit 1: Body systems and the effects of physical activity • Unit 17: Sports Injuries and Rehabilitation	• To identify the different energy systems (ATP-PC, Lactic Acid, Aerobic) and their role in sports performance. • To understand the process of energy production and its importance for various types of physical activities. • To explore the effects of exercise on the body systems, including short and long-term adaptations. • To explore strategies for injury prevention, including proper warm-up and cool-down techniques. • To understand the role of equipment and technology in protecting athletes from injury. • To investigate the impact of lifestyle choices (e.g., diet, exercise, sleep) on injury prevention.	1. ATP (Adenosine Triphosphate) 2. ATPC System 3. Aerobic Respiration 4. Anaerobic Respiration 5. Dynamic stretches 6. Pulse raiser 7. Static stretches	• Linking the understanding of musculoskeletal anatomy (from GCSE PE or earlier units) to specific sports injuries and their rehabilitation processes. • Applying knowledge of the body's physiological responses to exercise (from earlier units) to understand injury prevention and the rehabilitation process.	• Health and wellbeing • Fitness
Spring 1	• Unit 17: Sports Injuries and Rehabilitation	• To learn the principles of rehabilitation, including stages and goals. • To discuss various rehabilitation techniques for specific injuries (e.g., physiotherapy exercises, hydrotherapy). • To explore the psychological aspects of recovering from a sports injury.	1. Physiotherapy 2. MRI 3. RICE 4. Immobilisation 5. Anti inflammatory 6. EAP 7. Sports therapist	• Linking the understanding of musculoskeletal anatomy (from GCSE PE or earlier units) to specific sports injuries and their rehabilitation processes. • Applying knowledge of the body's physiological responses to exercise (from earlier units) to understand injury prevention and the rehabilitation process.	• Health and wellbeing • Fitness

Spring 2	• Unit 17: Sports Injuries and Rehabilitation • Unit 19 Sport and Exercise Psychology	• To understand criteria and protocols for safely returning an athlete to play post-injury. • To discuss the role of support teams (e.g., coaches, physiotherapists) in an athlete's return-to-play process. • To evaluate case studies of successful rehabilitation and return-to-play scenarios. • To understand the scope and importance of sport and exercise psychology. • To understand foundational theories and concepts, including personality types, motivation theories, and the role of stress and anxiety in sport. • To examine the psychological benefits of exercise and physical activity, including mental health improvements and stress reduction.	1. Remodelling 2. Concentric/eccentric strengthening 3. Diagnosis 4. SMART 5. Motivation 6. Burnout 7. Adherence 8. Self-efficacy	• Re-examine how different theories of motivation (e.g., intrinsic vs. extrinsic) and personality (e.g., trait vs. state) can influence an athlete's performance. • Recall stress and anxiety management techniques and their importance in sports, linking them to performance outcomes. • Revisit the concept of group dynamics and team cohesion discussed earlier in the year, applying these ideas to sports teams' performance.	• Health and wellbeing • Fitness
Summer 1	• Unit 19 Sport and Exercise Psychology	• To delve into how psychological factors such as motivation, self-confidence, and anxiety impact an individual's performance in sports. • To explore techniques for managing stress, anxiety, and enhancing focus among athletes, including relaxation and visualisation techniques. • To study group dynamics within sports teams, including leadership, communication, and team cohesion.	1. Visualisation 2. Arousal 3. Relaxation techniques 4. Leadership 5. Mental training 6. Counselling 7. SMART	• Reflect on the process of setting SMART goals and how this practice can be applied to improve individual and team performance in sports. • Review the techniques for managing arousal levels, such as relaxation and energizing strategies, and their application in preparing athletes for competition. • Reinforce understanding of cognitive and behavioral strategies (e.g., self-talk, imagery) previously covered and their effectiveness in enhancing sports performance.	• Health and wellbeing • Fitness

Summer 2	• Unit 19 Sport and Exercise Psychology	• To discuss the role of psychological well-being in sports and exercise, including strategies to support mental health among athletes. • To explore intervention strategies used in sport and exercise psychology to improve performance and adherence to physical activity. • To evaluate the effectiveness of psychological interventions through case studies, focusing on both individual athletes and teams.	1. Performance enhancement 2. Counselling 3. Mental health 4. Intervention	• Re-evaluate the relationship between physical activity and mental health, emphasizing the psychological benefits of regular exercise. • Consider the psychological aspects of injury recovery and rehabilitation, and how sport psychologists support athletes through this process. • Recall the importance of effective leadership and communication within sports teams, discussing how these skills contribute to a positive sports environment and athlete well-being.	• Health and wellbeing • Fitness