

Term	Content	Online support
1	<p>UNIT 3- SPORTS ORGANISATION AND DEVELOPMENT- Examination</p> <p>LO1- Understand how Sport in the UK is Organised</p> <ul style="list-style-type: none"> • Structure of organisations involved • Sport England • UK Sport • NGBs • IGBs • Elite athletes- needs/ support • Grassroots- needs/ support <p>LO2- Understand Sports Development</p> <ul style="list-style-type: none"> • What is Sports Development? • The Olympics- case-study • Roles • Purpose • Sports Development Pyramid/ continuum • Target groups <p>UNIT 11 EXERCISE FOR SPECIFIC GROUPS- Coursework</p> <p>LO1-Know about the provision of activity for specific groups</p> <p>LO2-Know the benefits of and barriers to participating in physical activity for Specific Groups- for each target group students must create a leaflet identifying why they are identified as a target group. The benefits exercise will bring and the barriers each group faces. Strategies for providers to help reduce these barriers must also be identified.</p> <ul style="list-style-type: none"> • Women/ girls • Cultural Groups • Adolescents • Children • Medical referral • Ante and post natal • Elderly 	

	<ul style="list-style-type: none"> • Disabled 	
2	<p>UNIT 3- SPORTS ORGANISATION AND DEVELOPMENT- Examination</p> <p>LO3- Understand how the impact of Sports Development can be measured</p> <ul style="list-style-type: none"> • Measures of impact • Methods of measurement • Advantages/ Disadvantages • Who needs to measure- why?? <p>LO4- Understand Sports Development in practice</p> <ul style="list-style-type: none"> • Events/ Initiatives- characteristics • Considerations when planning an event/ initiative • Volunteers • Who benefits?? <p>Examination Preparation and revision</p> <p>UNIT 11 EXERCISE FOR SPECIFIC GROUPS- Coursework</p> <p>LO3- Know the exercise referral process</p> <ul style="list-style-type: none"> • The process • Case-study <p>LO4- Be able to plan physical activity sessions for specific groups</p> <ul style="list-style-type: none"> • Plan 2 sessions for a named specific group for a named sport/ activity- show progress between session 1 and session 2. • Plan another 2 sessions for a different named specific group for a different named sport/ activity- show progress between session 1 and session 2. • Distinction task completed in Year 12 – 6 progressive sessions completed fpor ADOLESCENTS. 	

3	<p>UNIT 3 EXAMINATION</p> <p>UNIT 17- SPORTS INJURIES AND REHABILITATION- Coursework</p> <p>LO1- Know common sports injuries and their effects</p> <ul style="list-style-type: none">• Acute• Chronic• Signs and symptoms• Psychological effects <p>LO2-Be able to minimise the risk of Sports Injuries</p> <ul style="list-style-type: none">• Precautionary measures• Internal and external factors• Importance of warm-up and cool-down <p>LO3- Be able to respond to acute sports injuries when they occur</p> <ul style="list-style-type: none">• Practical response to scenarios <p>LO4-Know the role of different agencies in the treatment and rehabilitation of sports injuries</p> <ul style="list-style-type: none">• Roles• Provision of various agencies• Severity and who can be involved• Grading of muscle tears etc• Phases of recovery	
4	<p>UNIT 17- SPORTS INJURIES AND REHABILITATION- Coursework</p> <p>LO5-Be able to plan a rehabilitation programme for a specified sports injury</p> <ul style="list-style-type: none">• Consider diagnosis and it's reliability• Treatment plan• Phases of treatment• Possible problems• SMART targets to gauge recovery	