

# BTEC TECH Sport Level 3 LEARNING JOURNEY

SUCCESS COMES FROM  
HARDWORK

Unit 7: Practical Sports Performance

D Reflect on own practical performance

Develop skills, techniques and tactics

B Examine the skills, techniques and tactics

A Examine National Governing Body rules and regulations

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

D Examine training methods

E Understand training programme design

January Unit 2: Exam



PPE's  
PPE's  
Feb '23

C Understand programme-related nutritional needs

Parent's Evening  
Nov '23

B Understand the screening processes for training programming

PPE's

Oct '23



A Examine lifestyle factors

Unit 3: Professional Development in the Sports Industry



Learning aim C: Undertake a recruitment activity

Learning aim D: Reflect on the recruitment and selection process



PPE's UCAS June '24

YEAR  
13

Parent's Evening  
May '24

Learning aim A: Understand the career and job opportunities in the sports industry

Learning aim B: Explore own skills using a skills audit to inform a career development action plan



PPE's

PPE's

Oct '22

Unit 1: Anatomy and Physiology



PPE's  
PPE's  
Jan '23

January Unit 1: Written exam



E Energy systems

D Cardiovascular system

YEAR  
12

START OF KEY STAGE 5

A Skeletal system

B Muscular system

C Respiratory system