

Sport BTEC
Year 11 assessment map



Year 11	T1	T2	T3	T4	T5	T6
MTA	<p>Comp 2 LA-A training to improve fitness for sport and activity</p> <p>Topics: Training methods Components of fitness Fitness testing procedures Interpretation of fitness results</p>	<p>Comp 2 LA-B nutrition for sport and activity</p> <p>Topics: Macronutrients Micronutrients Hydration Legal supplements</p>	<p>Comp 2 Exam</p>	<p>Comp 3 LA-B planning sessions for target groups</p> <p>Controlled assessment</p>	<p>Comp 3 LA-C delivering and reviewing sessions for target groups</p> <p>Controlled assessment</p>	
ETA	<p>Comp 2 LA-A training to improve fitness for sport and activity</p> <p>Topics: Principle of training FITT principles Exercise intensity</p>	<p>Comp 2 LA-C the psychological influence that motivation, self-confidence and anxiety have on participation in sport and activity</p> <p>Topics: Anxiety Self-Confidence Motivation</p>	<p>Comp 3 LA-A- understand the fundamentals of sport and activity leadership</p> <p>Controlled assessment</p>			