



NCFE – YEAR 13 – LEARNING JOURNEY

University/ Careers in sport

Careers in sport

- Manager
- Assistant manager
- Physio
- PE teacher

Careers in sport

- Personal trainer
- Sports Psychologist
- Sport journalism
- Charity work

Careers in sport

- Coach
- Sport science
- Sports Analysis
- Sports administration

TERM 6

Course completion

Sports Awards

TASK D

- Reflect on the recruitment process
- Review and Evaluation
- SWOT
- Action Plans



Grade Criteria

CD.D3 Evaluate how well the documents prepared, and own performance in the interview activities, supported the process for accessing the selected career pathway.

Exam (Re-sit U1&2) – Careers in sport task D

TERM 5

TASK B

- Personal skills audit
- Personal development towards chosen career
- Maintaining a portfolio



TASK C

- Undertake a recruitment activity
- Job applications
- CV
- Job Interviews

Grade Criteria – Task C

CD.D2 Demonstrate individual responsibility and effective self-management during the recruitment activity.

TERM 4

Careers in sport Task B & C

TASK A

- Scope and provision of the sports injury
- Careers and jobs in the sports in sports sector
- Training routes in the sports sector
- CPD



Grade Criteria – Task A&B

Justify how own skills audit outcomes and development action plan aligns to chosen career pathway, based on a comprehensive knowledge and understanding of the career.

U2 Exam (January) Begin U3 – Careers in sport

TERM 3

Q4 – Training methods 8 (marks)

- Components of fitness
- Interval, continuous, fartlek
- Circuit
- Weight
- Plyometric
- Flexibility
- Speed

Q5– Create a training plan 6 (marks)

- Frequency
- Intensity
- Type
- Time

Q6– Justify the training plan 14 (marks)

- SMARTER
- FITT
- SPORRIAV



Exam (January) /60 Approximate grade boundary

L2D – 44
L2M – 31
L2P – 19
NP – 9

Exam preparation

- Scenario for client
- 4 hours of assessed time to make notes for the exam

TERM 2

U2 Exam – Q4,5 & 6

Q1 – Interpret healthy lifestyles (12 marks)

- Exercise/Sedentary
- Sleep
- Stress
- Diet
- Alcohol/Smoking
- BMI/RHR/BP/WHR

Q2 – Strategies to improve lifestyle (12 marks)

- Exercise/Sedentary
- Sleep
- Stress
- Diet
- Alcohol/Smoking
- BMI/RHR/BP/WHR

Q3 – Nutritional guidance (8 marks)

- RDA, energy balance/measures
- Balanced diet – Macro and micro nutrients
- Hydration
- Ergogenic aids such as energy gels



Assessment term 1

Questions 1-3 Mock test Level up and improve

TERM 1

U2 Exam- Q1,2 & 3