

Curriculum Overview Templates– Holly Lodge Girls’ College

Year 12		
Unit 1 - Anatomy and Physiology		
Title	Curriculum content	Assessment
The effects of exercise and sports performance on the skeletal system	<ul style="list-style-type: none"> • Structure of skeletal system • Function of skeletal system • Joints • Responses of the skeletal system to a single sport or exercise session • Adaptations of the skeletal system to exercise • Additional factors affecting the skeletal system 	DIRT External exam January 2024 January 2024
The effects of exercise and sports performance on the muscular system	<ul style="list-style-type: none"> • Characteristics and functions of different types of muscles • Major skeletal muscles of the muscular system • Antagonistic muscle pairs • Types of skeletal muscle contraction • Fibre types • Responses of the muscular system to a single sport or exercise session • Adaptations of the muscular system to exercise • Additional factors affecting the muscular system 	
The effects of exercise and sports performance on the respiratory system	<ul style="list-style-type: none"> • Structure of the respiratory system • Function • Lung volumes 	

	<ul style="list-style-type: none"> • Control of breathing • Responses of the respiratory system to a single sport or exercise session • Adaptations of the respiratory system to exercise • Additional factors affecting the respiratory system 	
The effects of sport and exercise performance on the cardiovascular system	<ul style="list-style-type: none"> • Structure of the cardiovascular system • Function of the cardiovascular system • Nervous control of the cardiac cycle • Responses of the cardiovascular system to a single sport or exercise session • Adaptations of the cardiovascular system to exercise • Additional factors affecting the cardiovascular system 	
The effects of exercise and sports performance on the energy systems	<ul style="list-style-type: none"> • The role of ATP in exercise • The ATP-PC (alactic) system in exercise and sports performance • The lactate system in exercise and sports performance • The aerobic system in exercise and sports performance • Adaptations of the energy system to exercise • Additional factors affecting the energy systems 	
Unit 3 - Professional Development in the Sports Industry		
Title	Curriculum Content	Assessment
Understand the career and job opportunities in the sports industry	<ul style="list-style-type: none"> • Scope and provision of the sports industry • Careers and jobs in the sports industry 	All assessments carried out in line with Pearson assignment briefs.

	<ul style="list-style-type: none"> • Professional training routes, legislation, skills in the sports industry • Sources of continuing professional development (CPD) 	
Explore own skills using a skills audit to inform a career development action plan	<ul style="list-style-type: none"> • Personal skills audit for potential careers • Planning personal development towards a career in the sports industry • Maintaining a personal portfolio/record of achievement and experience 	All assessments carried out in line with Pearson assignment briefs.
Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway	<ul style="list-style-type: none"> • Job applications • Interviews and selected career pathway-specific skills 	All assessments carried out in line with Pearson assignment briefs.
: Reflect on the recruitment and selection process and your individual performance	<ul style="list-style-type: none"> • Review and evaluation • Updated SWOT and action plan 	All assessments carried out in line with Pearson assignment briefs.