



# BTEC Level 3 Diploma Sport and Exercise Sciences (QCF)

## Paul Cox Year Planner 2014-15 Units (30 credits)

Unit 5 – Research Project in Sport and Exercise Sciences (L3)

Unit 11 – Analysis of Sports Performance (L3)

Unit 27 – Profiling Sports Performance (L4)

Week	Date	Session 1 (Tuesday 5-6)	Session 2 (Thursday 3-4)
1	8/9	U11 – T1 (P1, P2, M1, D1)	
2	15/9	- Analysis of sports performance introduction.	
3	22/9	- Different sports x 3 and different aspects (tactical, physical, physiological, psychological and biomechanical).	
4	29/9	- Practical testing, analysis, observation of performance.	
5	6/10	U11 – T2 (P3, P4, M2, M3, D2)	
6	13/10	- Conduct analysis of sports performance.	
7	20/10	- Feedback performance analysis findings.	
8	3/11	U11 – T3 (P5)	
9	10/11	- Analysis of sports performance purpose, resources and evaluation.	
10	17/11	REACH Week 1:1 - Progress review. - Individual targets. - U5 T1 introduction.	REACH Week 1:1 - Progress review. - Individual targets. - U5 T1 introduction.
11	24/11	U27 – T1 (P1, P2)	
12	1/12	- Performance profiling and excellence traits.	
13	8/12	U27 – T2 (P3, P4, P5, M1, D1)	
14	15/12	- Profile and write up performer, performer self-profile, and coach profile.	
15	5/1	U27 – T3 (P6, P7, P8, P9, M2, M3)	
16	12/1	- Plan and carry out training programme. Include player and coach meetings.	
17	19/1	U27 – T3 (1/8)	U5 – T1 (P1, M1) - Plan and explain research project and data collection.
18	26/1	U27 – T3 (2/8)	REACH Week 1:1 - Progress review. - Individual targets. - Discuss U5 T1.
19	2/2	U27 – T3 (3/8)	REACH Week 1:1 - Progress review. - Individual targets. - Discuss U5 T1.
20	9/2	U27 – T3 (4/8) RWK	U5 – T1 (P1, M1) - Plan and explain research project and data collection.
21	23/2	U27 – T3 (6/8)	U5 – T2 (P2, P3, P4, M2, D1) - Carry out and produce and full research project.
22	2/3	U27 – T3 (7/8)	
23	9/3	U27 – T3 (8/8)	
24	16/3	U27 – T4 (P10, M4, D2)	
25	23/3	- Profiling review and assessment.	