






CTEC Sports Studies Overview

Unit 1

Body Systems & The Effects of Physical Activity

-  **LO1** – Skeletal System
-  **LO2** – Muscular System
-  **LO3** – Cardiovascular System
-  **LO4** – Respiratory System
-  **LO5** – Energy Systems

Unit 2

Sports Coaching & Activity Leadership

-  **LO1** – Roles and responsibilities of leaders
-  **LO2** – Principles of coaching/leader
-  **LO3** – Improving skills, techniques & tactics in sport
-  **LO4** – Planning a sports session
-  **LO5** – Preparing a sports session (risk assessment)
-  **LO6** – Delivering a sports session
-  **LO7** – Reviewing a sports session

Unit 3

Sports Organisation & Development

-  **LO1** – How sport is organised in the UK
-  **LO2** – Sports Development
-  **LO3** – Measuring the impact of sports development
-  **LO4** – Sports development in practice





Unit 17

Sports Injuries & Rehabilitation

-  **LO1** – Common sports injuries
-  **LO2** – Minimising the risk of sports injuries
-  **LO3** – Responding to acute sports injuries
-  **LO4** – Agencies involved in the treatment of sports injuries
-  **LO5** – Rehabilitation programmes

Unit 18

Practical Skills in Sport

-  **LO1** – Individual Performance
-  **LO2** – Team Performance
-  **LO3** – OAA
-  **LO4** – Officiating

