

Subject Assessment Plan – Sport

Level 1/2

WJEC SPORT LEVEL 1/2

Evidence collected already	Link to specification
AC1.1 Physiological factors affecting performance in sport.	End of Unit 1 Specification – Controlled Assessment
AC1.2 Psychological factors affecting performance in sport.	End of Unit 1 Specification – Controlled Assessment
AC1.3 Technical factors affecting performance in sport.	End of Unit 1 Specification – Controlled Assessment
AC2.1 Physiological procedures used to measure sporting performance.	End of Unit 1 Specification – Controlled Assessment
AC2.2 Psychological procedures used to measure sporting performance	End of Unit 1 Specification – Controlled Assessment
AC2.2 technical procedures used to measure sporting performance.	End of Unit 1 Specification – Controlled Assessment
AC3.1 Strategies to improve Physiological performance.	End of Unit 1 Specification – Controlled Assessment
AC3.2 Strategies to improve Psychological performance.	End of Unit 1 Specification – Controlled Assessment
AC3.3 Strategies to improve technical performance.	End of Unit 1 Specification – Controlled Assessment
AC4.1 Analyse and review the performance data.	End of Unit 1 Specification – Controlled Assessment
Evidence to be Collected	
AC1.1 The structure of body systems.	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.

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Evidence collected already	Link to specification
AC4.2 Review options for improvement in performance	End of Unit 1 Specification – Controlled Assessment
AC1.1 Coaching skills	End of Unit 3 Specification – Controlled Assessment
AC1.2 The responsibilities needed to coach a sports session.	End of Unit 3 Specification – Controlled Assessment
AC2.1 Meeting the needs of the participants.	End of Unit 3 Specification – Controlled Assessment
AC 2.2 The stages and components of a coaching session	End of Unit 3 Specification – Controlled Assessment
AC2.3 Planning a session	End of Unit 3 Specification – Controlled Assessment
AC3.1 Demonstrate coaching skills	End of Unit 3 Specification – Controlled Assessment
AC4.1 Review coaching session	End of Unit 3 Specification – Controlled Assessment
AC4.2 Development Planning	End of Unit 3 Specification – Controlled Assessment
Evidence to be Collected	
AC1.2 The function of body systems.	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.
AC1.3 The short-term effects of exercise on body systems.	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.
AC1.4 The long-term effects of exercise on body systems.	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.

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Evidence to be Collected	
AC2.1 The components of fitness required for different physical activities.	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.
AC2.2 The components of fitness of an individual against normative ranges.	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.
AC2.3 Why fitness testing is important	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.
AC3.1 The principles of training.	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.
AC3.2 The methods of training for components of fitness.	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.
AC3.3 The factors that need to be considered for training.	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.
AC4.1 Set appropriate targets to achieve long term goals for an individual.	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.
AC4.2 Sequence training programme activities.	Unit 2 Creation of coursework question to be undertaken as an additional controlled assessment.