

BTEC L3 SPORT

Post 16

At Thomas Alleyne's

[\(1\) BTEC National in Sport - YouTube](#)

UCAS Points comparison

A-Level	Points	Ext Cert.
A*	56	D*
A	48	D
B	40	
C	32	M
D	24	
E	16	P

University Courses...

University	Course	Entry Requirements
Loughborough	Sport & Exercise Science	1 x A* 1 x A 1 x D*
Bradford	Physiotherapy	136 Points AAB or DDD (including bio/PE/A&P)
Cardiff Met	Sports and Exercise Science	128-136 Points AB+ or DDM (BTEC in science or Sport)
Derby	Sport & Exercise Science	120-128 Points (C/M in PE/sci) or DDM
Keele	Rehabilitation and Exercise Science	BBC or DMM
Staffordshire	Sports and Exercise Science	104-112 Points or DMM

Previous Results

- ▶ Results 2018
- ▶ 3 x D* 4 x D 2 x M
- ▶ Results 2019
- ▶ 2 x D* 5 x D 2 x M 1 x P
- ▶ Results 2020
- ▶ 3 x D* 8 x D 2 x M 1 x P 1 x U
- ▶ Results 2021
- ▶ 11 x D* 5 x D 1 x M
- ▶ 73% pupils gain a D* or D
- ▶ Results 2022
- ▶ 8 x D* 5 x D 5 x M
- ▶ One of the highest achieving departments in the school for Post-16 results.

A-Level v BTEC

A Level	BTEC
Exam at end of 2 years	No terminal exam but two modules are performed under controlled conditions and externally marked
Content similar	Content similar
Sporting practical assessment in one sport	No need for practical performance/ but is encouraged to show work experience/volunteering.
Written examination	Greater need for independent research & study
Written or verbal coursework presentation	Assessment is through reports, presentations and teacher observations
	A vocational course with potential for more weighting (double award)

Entry Requirements

- ▶ 5 subjects at Grade 5 including English & Maths

preferably

- ▶ Merit Grade or above in BTEC Level 2 PE

or

- ▶ Grade 5 or above in **Maths AND Science.**

National Extended Certificate in Sport

- ▶ 360 GLH
- ▶ Equivalent in size to one A Level.
- ▶ 4 units of which 3 are mandatory and 2 are external.
- ▶ Mandatory content (83%).
- ▶ External assessment (67%).
- ▶ A broad basis of study for the sport sector.
- ▶ This qualification is designed to support progression to higher education when taken as part of a programme of study that includes other appropriate BTEC Nationals or A Levels.

Content

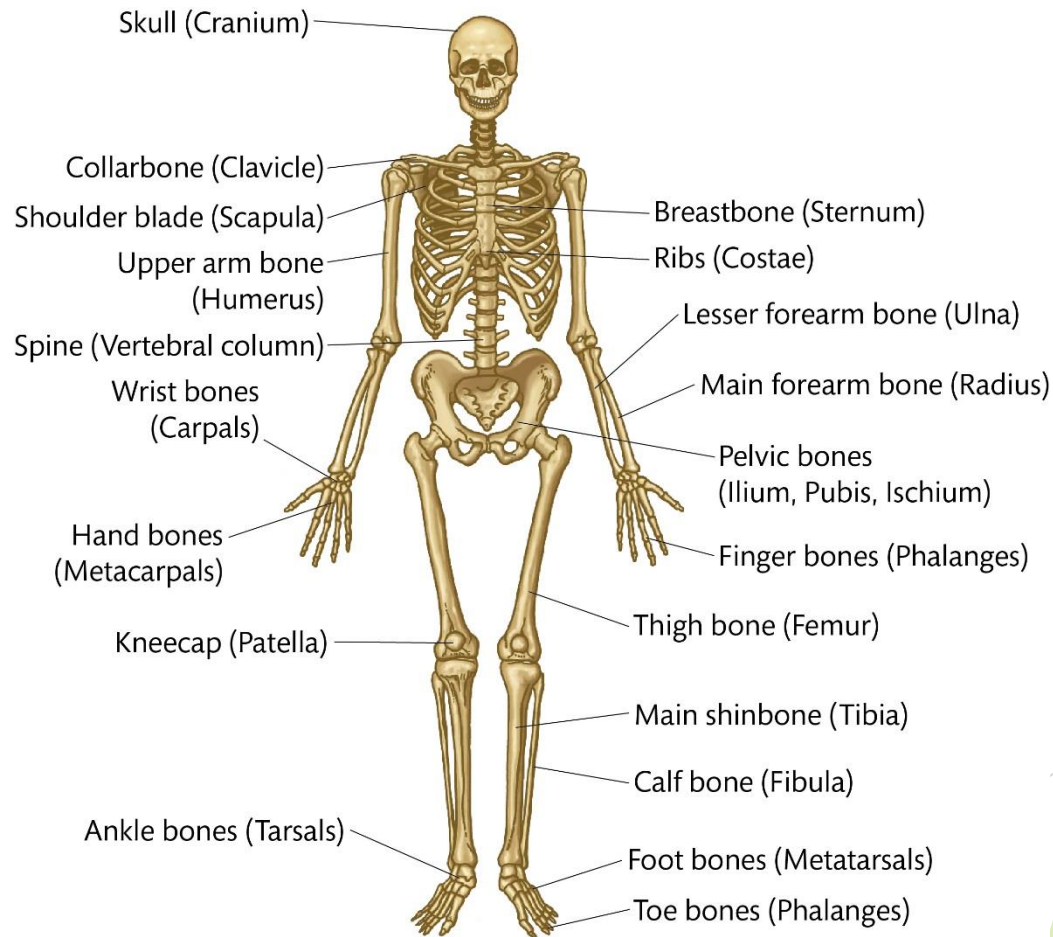
- ▶ Learners will study four units:
- ▶ Unit 1: Anatomy and Physiology
- ▶ Unit 2: Fitness Training and Programming for Health, Sport and Well-being
- ▶ Unit 3: Professional Development in the Sports Industry. Coursework
- ▶ Unit 5: Application of Fitness Testing Coursework

Assessment

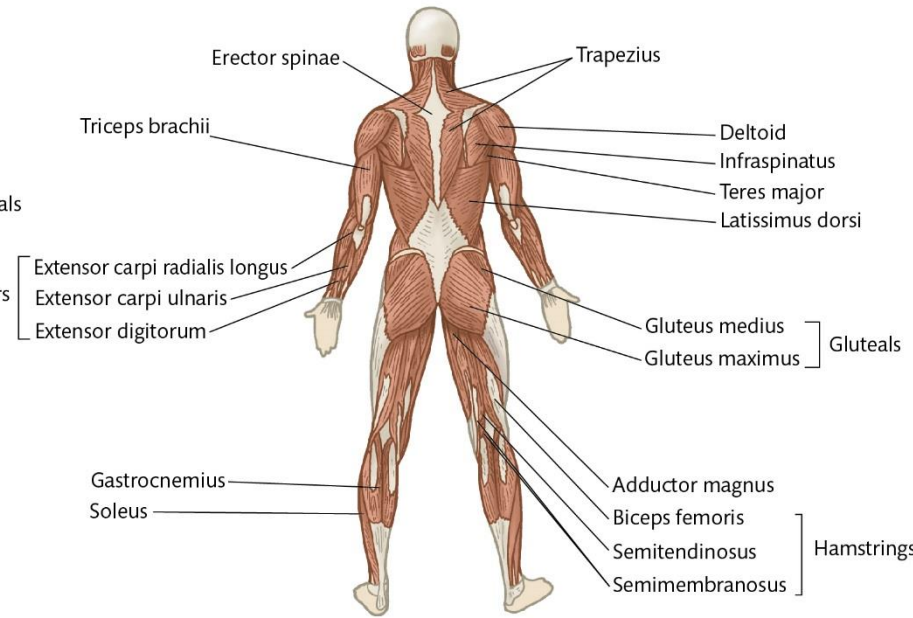
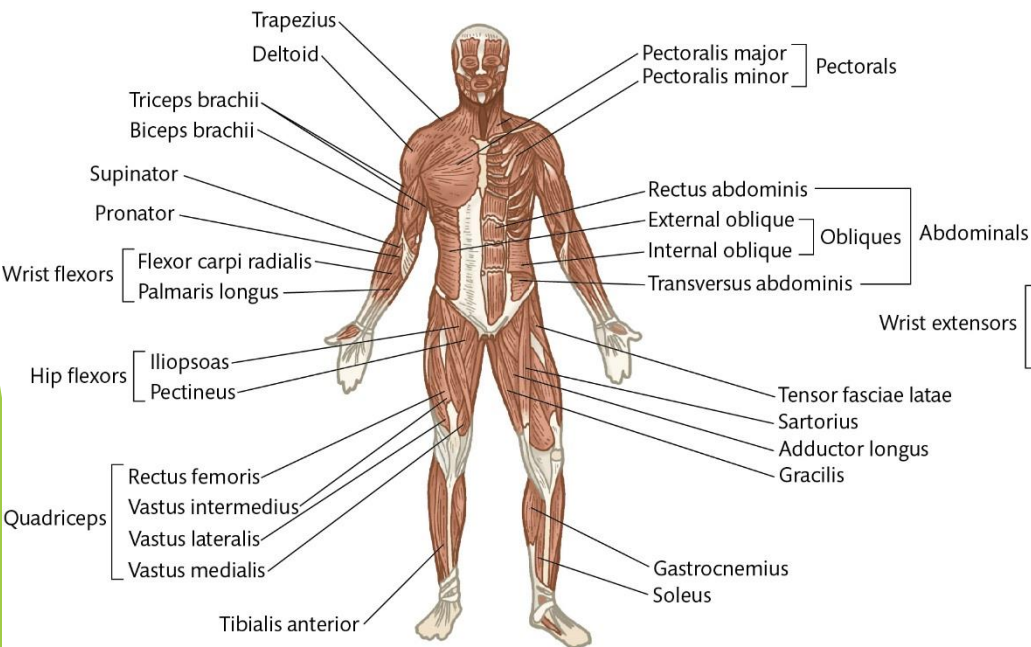
Unit 1: Anatomy and Physiology

- ▶ Written examination set and marked by Pearson.
- ▶ 1.5 hours.
- ▶ 80 marks.

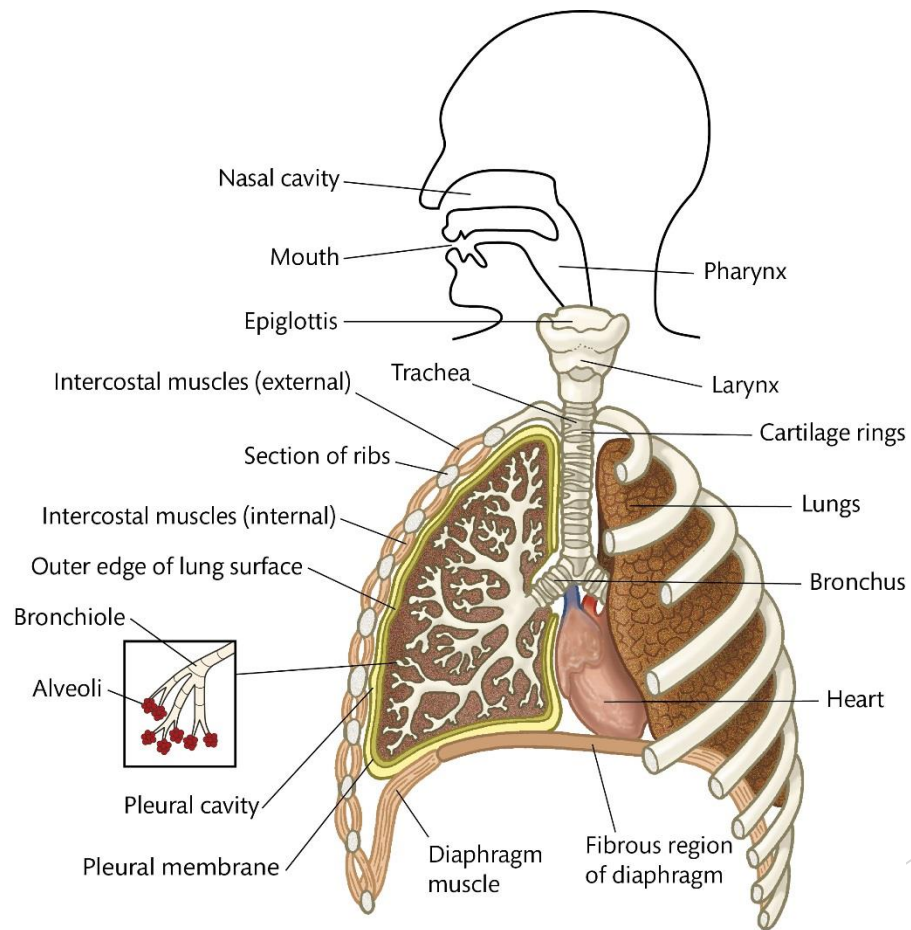
Structure of the skeletal system



Structure of the muscular system



Structure of the respiratory system



Structure of the heart

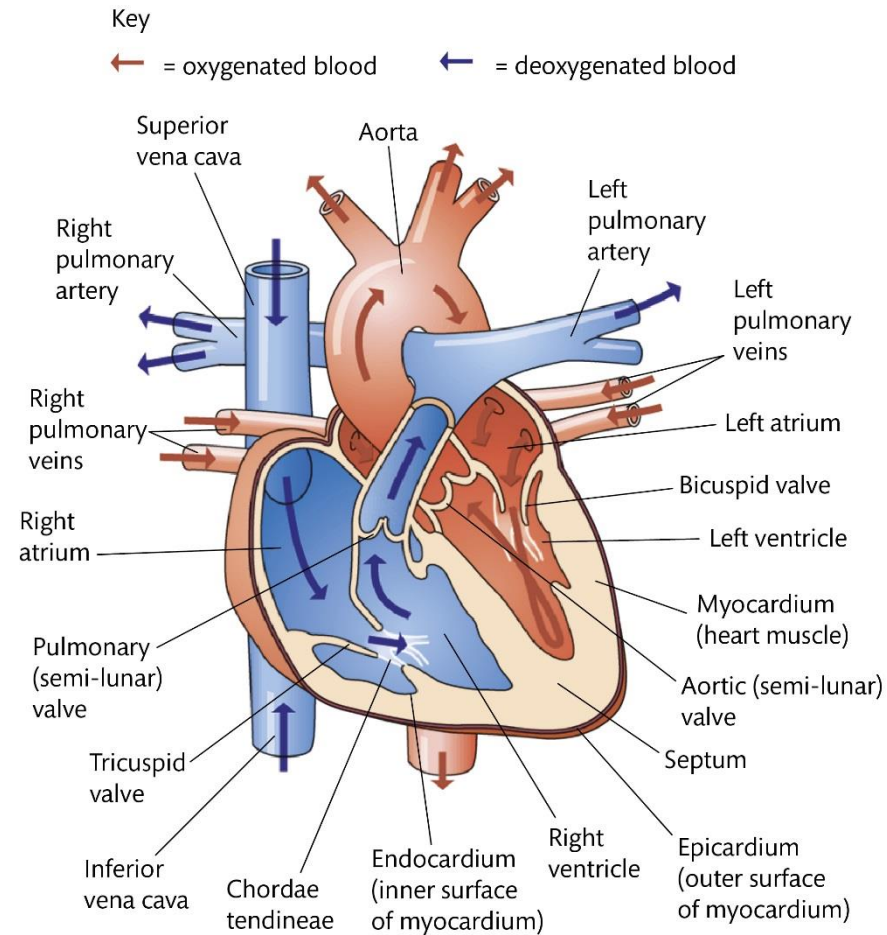


Figure 3 shows Sonia performing press-ups as part of her pre-season muscular training programme.

- (c) Analyse the antagonistic muscular contractions used to perform **both** the upward and downward phase of the press-up.

(6)



Figure 3

In the upwards phase the antagonistic pair would be the bicep and tricep. To allow the Upward phase to occur the tricep must contract concentrically so must be the agonist. Therefore the ~~bicep~~ must be the antagonist meaning it ~~relaxes~~ ^{eccentrically contracts}.

In the downward phase the antagonistic pair is still the bicep and tricep but to allow the position to be met in figure 3 the bicep must become the agonist and contract concentrically and the tricep must be the antagonist and contract eccentrically.

(Total for Question 4 = 14 marks)

TOTAL FOR SECTION B = 16 MARKS

B = 6

Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing

A task set and marked by Pearson and completed under supervised conditions.

In Part A, learners will be provided with a case study two weeks before a supervised assessment period in order to carry out research.

In Part B, the supervised assessment period is two hours 30minutes.
60 marks.

Positive lifestyle factors

Exercise and physical activity

- Reduces risk of chronic diseases
- Improves physical well-being

Balanced diet

- Maintains immune system
- Maintains healthy body weight
- Reduces risk of chronic diseases

Positive risk-taking activities

- Linked to developmental changes in the brain during childhood

Government recommendations/guidelines

- Healthy guidelines for people to follow

Negative lifestyle factors

Smoking

- Increases risk of disease (CHD, cancer, lung disease, infertility)

Alcohol

- Increases risk of disease (stroke, cirrhosis, hypertension)
- Increases risk of psychological health problems (depression)

Stress

- Feelings of tension and anxiety (hypertension, angina, stroke, heart attack, ulcers, depression)

Sedentary lifestyle (<30 mins exercise per week)

- Significant health risks (CHD, stroke, type 2 diabetes, cancer, hypertension)

Health monitoring tests (1)

- Always carried out before planning a training programme
- Tests include:
 - Blood pressure
 - Resting heart rate
 - Body mass index (BMI)
 - Waist-to-hip ratio
- Tests can be done again – during and after the training programme – to measure progress

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Physical fitness components

- **Aerobic endurance** – stamina; the ability of the cardiovascular/respiratory systems to work efficiently and supply muscles with oxygen/nutrients
- **Strength** – ability to exert a force in a single maximal contraction
- **Muscular endurance** – ability to make a repeated contraction over a significant period of time
- **Flexibility** – an adequate range of motion in joints and move a joint through its complete range of movement
- **Speed** – move the whole body or limbs quickly
- **Body composition** – amount of body fat and fat free lean body an athlete has

Skill-related fitness components

- **Agility** – ability to change direction quickly without losing speed, balance or co-ordination
- **Balance** – ability to retain the body's centre of mass above a base of support – static or dynamic (moving)
- **Co-ordination** – ability to use two or more body parts at the same time
- **Reaction time** – time between the detection of a stimulus and application of a response
- **Power** – ability to exert a maximal force in as short a time as possible

Typical periodised training programme

Macrocycle											
Mesocycle 1				Mesocycle 2				Mesocycle 3			
Microcycle 1	Microcycle 2	Microcycle 3	Microcycle 4	Microcycle 5	Microcycle 6	Microcycle 7	Microcycle 8	Microcycle 9	Microcycle 10	Microcycle 11	Microcycle 12
Work	Work	Work	Rest	Work	Work	Work	Rest	Work	Work	Work	Rest

5 Design weeks 1, 3 and 6 of a six-week fitness training programme for Alan Turner.

(6) 5 Q05

Week 1

MHR = MAX HEART RATE

	A.M	Physical activity <u>Lunch</u>	P.M
Monday	Swim 30mins Continuous at 50% MHR	REST	Yoga class 30 mins
Tuesday	Walk 20mins Continuous at 50% MHR	REST	Swim 40 mins Continuous at 50% MHR
Wednesday	REST	Ladder drills 10 mins	Walk 20 mins Continuous at 50% MHR
Thursday	Swim 30mins Continuous at 50% MHR	REST	Pilates class 30 mins
Friday	REST	Walk 20 mins Continuous at 50% MHR	REST
Saturday	Walk 20 mins Continuous at 50% MHR	REST	Yoga class 30 mins

Unit 3: Professional Development in The Sports Industry

2 Coursework tasks investigating careers in sport and developing employment skills

BTEC Level 3 Nationals in Sport

Unit 3 – Professional Development in the Sports Industry

Student name

Career Option 1 – Sport Psychologist – The English Institute of Sport (British Cycling)

Job Summary

Deliver performance-focused psychology services to Paralympic programme to maximise the opportunity for success in the Rio 2016 Paralympics and beyond. To deliver performance-focused psychological services to Academy athletes. To collaborate with the Lead Psychologist in the design and development of a system of psychology support throughout the British Cycling pathway.

Job Opportunities:

This job provides an opportunity to work as part of a performance support team who are all performance specialists who comprises a team of Physiologists, Biomechanists, Performance Analysts, Nutritionists and a full medical team. It will also allow me to work with British Cycling, Paralympians for Rio 2016 and work closely with Academy athletes.

Professional Development Requirements:

Qualifications:

- Minimum C in A'Level Physical Education total (BBC) or DDM minimum in BTEC Level 3 Extended Diploma in Sport & Exercise Science (**essential**)
- Degree (or equivalent) in Sport Science – specialise in sports psychology (**essential**)
- Higher degree (or equivalent) – specialise in sports psychology (**desirable**)
- Hold a British Chartered Psychologist Status (**essential**)
- HCPC registered (**essential**)

Unit 5: Fitness Testing

2 Coursework tasks practically assessing a sports persons fitness and how to improve their performance.

Unit 5: Application of Fitness Testing

Example of a fitness profile

Name:	Carys Peters	Age:	17 years							
Date:	23 July 2016									
FLEXIBILITY TESTS										
Sit and reach test										
This test measures trunk forward flexion, and indicates the range of motion in your hamstrings hips and lower back.										
↓										
10	11	12	13	14	15	16	17	18	19	20
Very poor		Poor		Average		Good		Very good		Excellent
Your results:										
You scored a result of 15 cm, which is average. Your flexibility in this area is fair.										
Trunk rotation test										
This test gives an indication of the flexibility of your trunk and shoulders.										
↓										
0-4	5-9	10-14	15-19	20+						
Poor	Fair	Good	Very good	Excellent						
Your results:										
You scored a result of 12 cm, which is good. However, you told me that you wish to improve your golf playing, so you would benefit from increasing your trunk flexibility.										
STRENGTH TESTS										
Bench press 1RM test										
This test measures the strength of the pectoral muscles in the chest.										
↓										
<0.52	0.53-0.58	0.59-0.71	0.72-0.77	>0.78						
Poor	Fair	Good	Very good	Excellent						
Your results:										
You scored a result of 0.58, which is fair but very close to good.										

REMEMBER....

A sports course at Thomas Alleyne's High School gives you a chance to pursue a University Degree, Apprenticeship or a career in sport.

It also enables you to achieve a strong grade in an enjoyable subject to follow any career path

Choose BTEC Sport at Thomas
Alleyne's...

Choose YOUR future!!!

(1) I Choose BTEC - Max Whitlock -
YouTube