


Subject: <i>BTEC Sport</i>	Exam Board: <i>Pearson</i>
 <p>Welcome to BTEC Sport. We are delighted that you are considering BTEC Sport as an option in Sixth Form. To demonstrate your commitment to the course and to prepare you for September, you must complete the following task to the best of your ability. This task is compulsory and must be completed prior to your first BTEC Sport lesson in Year 12.</p> <p>We expect you spend at least 2 hours completing the task outlined in this pack. The activity has been designed to help you begin to develop some of the key skills you will need for BTEC Sport.</p>	
<p>Learning Objectives:</p> <ul style="list-style-type: none"> • To develop a basic understanding of what a BTEC assignment entails and the depth of knowledge needed. • To be able to display all previous knowledge of Anatomy and Physiology. 	
<p>Contacts for Support:</p> <ul style="list-style-type: none"> ● Mr Barrow – Please email via Insight, visit the PE office 	

What is BTEC Sport?



You will study 4 Units within BTEC Sport. They are;

- Unit 1 - Anatomy and Physiology,**
 - Unit 2 - Fitness Training and Programming for Health, Sport and Wellbeing,**
 - Unit 3 – Professional Development in the Sports Industry**
- and
- Unit 5 – Application of Fitness Testing.**

In Year 12 we will be completing Units 1 and 5 and in Year 13 Units 2 and 3.

The assessment method for Unit 1 will be an hour and a half exam which will be completed in Summer 2019. Anatomy and Physiology will look at the skeletal system, the muscular system, the respiratory system, the cardiovascular system and the energy system for sports performance. You will then use this knowledge and understanding to determine the interrelationships between body systems for sports performance.

Unit 5 will be assessed throughout the year by assignments similar to those you are completing in this pack. In this unit you will understand the principles of fitness testing, explore fitness tests for different components of fitness and undertake evaluation and feedback of fitness test results.

BTEC Assignment Brief

Qualification	Pearson BTEC Level 3 National Extended Certificate in Sport
Unit number and title	Unit 1: Anatomy and Physiology
Learning aim(s)	A: Understand the principles of fitness testing
Assignment title	An Investigation into Anatomy and Physiology
Assessor	Mr Barrow
Issue date	24/6/19
Hand in deadline	September 2019 – first lesson of term

Vocational Scenario or Context	<p>University places are extremely hard to get onto now days. You have applied for a place on a sports science degree. You have been called for an interview for a place on the course you want so much. As part of the application you must demonstrate a knowledge & interest in sport and the influences on performance. You have been given the topic of "Anatomy and Physiology effects on performance" to research & must be prepared to present and discuss fully in a discussion with an interview panel at the university.</p>
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Checklist of evidence required	<p>A presentation on the above topic, including the following features:</p> <ul style="list-style-type: none"> • Different systems of the body • Specific examples of how we use these systems in a given sport • Any issues that could affect your sports performance within these systems
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For September you will need:

- ✓ 2 lever arch folder
- ✓ Dividers
- ✓ Plastic wallets
- ✓ A memory stick
- ✓ Paper
- ✓ Pens/Highlighters
- ✓ PE kit – Black bottoms and a white T-shirt