

Subject: BTEC SPORT

Exam Board: Edexcel



Welcome to BTEC Sport We are delighted that you are considering this BTEC as an option in Year 12 and 13. To demonstrate your commitment to the course and to prepare you for September, you must complete the following tasks to the best of your ability. These tasks are compulsory and must be completed prior to your first Sport lesson in Year 12.

We expect you spend at least 3-4 hours completing the tasks outlined in this pack. The activities have been designed to help you begin to develop some of the key skills you will need for BTEC.

Learning Objectives:

- *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.*

Contacts for Support: barrow@tahs.net

What is (subject)? 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

Unit 5 – Application of Fitness Testing.

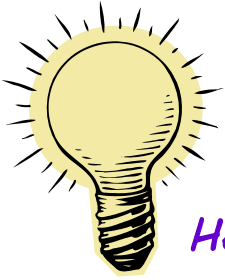
In Year 12 we will be completing Units 1 and 3 and in Year 13 Units 2 and 5.

The assessment method for Unit 1 will be an hour and a half exam which will be completed in Jan 2024. 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.





Careers you can consider with this (subject):



Sport Science

Teaching

Coaching

Health Care

Personal Training

Gym Instructors

Physiotherapy

Forces

Skills you will have learnt upon completion of (subject):

- How to plan training programmes**
- How to structure diet**
- How to improve lifestyle**
- Explain how the body systems affect exercise**
- Apply for jobs**
- Interview technique**
- Evaluate Fitness Testing**

Overview of lessons:

1 : Skeletal System

2 : Muscular System

3: Cardiovascular System

4: Respiratory System

Homework Tasks:

1 : Skeletal System

2 : Muscular System

3: Cardiovascular System

4: Respiratory System

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	Summer 2023
Hand in deadline	September 2023 – 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
- ✓ Lined Paper
- ✓ Pens/Highlighters
- ✓ PE kit