

WEST COVENTRY SIXTH FORM



SUBJECT TRANSITION BOOK

Summer 2022

**BTEC National in Sport
(NQF) Level 3**

STUDENT NAME:

This booklet has been prepared by PE staff for you to read and the work contained in it will ensure that you get off to the best possible start in this subject area. It is very important that you read this booklet carefully over the summer and have a thorough attempt to complete the work and submit it at the start of the year to your subject teacher in the very first lesson. This will be the first impression you create and is a real indicator of how seriously you are prepared to be in your studies.

BTEC Sport Level 3

The key staff are:

Mr M Gerrard – Leader of BTEC Sport Level 3
Miss Tapping/Miss Kimberlin/Mr Shellis/Mr Hall
<i>staffmzg@westcoventryacademy.org</i>

Course Details

Course Title: BTEC National in Sport Level 3

Exam board: Edexcel/Pearson

Exam Board web site: www.edexcel.com

www.btec.co.uk

Assessment method: The BTEC Sport Level 3 qualification is assessed both externally and internally via coursework based assignments. Pathways include; **Extended Certificate** (single A Level equivalent), **Diploma** (double A Level equivalent), and **Extended Diploma** (triple A Level equivalent).

Unit 1: Anatomy and Physiology is a written exam for 1.5 hours, worth 90 marks. This will be set and marked by Pearson, with 1 re-take allowed.

Unit 2: Fitness Training and Programming for Health, Sport and well-being is the second externally assessed unit where pre-released information is released 1 week prior to a controlled assessment in exam conditions. 1 week prior to the assessment learners will receive information within controlled conditions where 4 hours can be spent preparing information. After this, on a date specified by Pearson, learners will then spend a further 2.5 hours applying this within controlled conditions.

About the course

There has been significant increases in the popularity of BTEC Sport Level 3 since 2010. This has been driven by increased investment, publicity (Olympics), and subsequent vocational opportunities.

With a third of workers in this sector having no formal qualifications beyond Level 1, many employers complain they cannot fill vacancies because of the skills shortage.

This course exists to enable learners to be at the forefront of sport where these opportunities exist. Units are tailored to the needs of learners and the Sports sector (e.g. Sports Coaching).



Delivery Outline

A BTEC is a flexible qualification, made up of a number of units determined by the level and size being studied. These are detailed below;

Extended Certificate (1 A Level equivalent)

Units covered to include; Anatomy and Physiology (exam), Practical Sports Performance, Fitness Training and Programming (controlled assessment), Professional Development in the Sports Industry.

Units studied: 1/2/3/7

Diploma (2 A Level equivalent)

Units covered in addition to the Subsidiary Diploma above include; Sports Leadership, Coaching for Performance, Sports Event Organisation, Investigating Business in Sport and the Active Leisure Industry, Skill Acquisition in Sport.

Units studied: 4/8/10/22/23 (plus the above)

Extended Diploma (3 A Level equivalent)

Units covered in addition to the Diploma and Subsidiary Diploma include; Research Methods in Sport, Development and Provision of Sport and Physical Activity, Rules, Regulations, and Officiating in Sport, Technical and Tactical Demands of Sport, Sports Injury Management.

Units studied: 9/17/19/25/26 (plus all the above)

Academic and Career Pathways

BTEC Sport Level 3 provides you with the skills required to study at a higher level whilst also developing the background knowledge that will be useful in the Sports Industry. Students who have studied this course in the past have followed a wide range of pathways including university, training schemes, and employment.

Previous degree courses followed include; Sport and Exercise Science, Sport Management, Sports Coaching, Sport Development and Coaching, and Sports Nutrition.



What equipment will be needed for the subject?

An A4 ring binder/Dividers/Lined paper/Pens, pencils rulers.

A memory stick/external hard drive.

It is up to you how you keep your notes; however, we would recommend that you have separate folders for each Unit studied (as shown above).

There should be one 'active' folder that you bring to your lessons. This 'active' folder should contain dividers separating each of the different areas of the course, in order to ensure that your work does not get mixed up.



Learning Resources

During the course, various items of software, DVDs and textbooks are recommended or used in lessons, for example 'Bodyworks' is a useful computer package that will help you learn the essential anatomy and physiology that is used extensively during this Unit (Principles of Anatomy and Physiology in Sport).

Further information and recommendations can be found via the edexcel.com website.

Recommended Text

BTEC Nationals Sport Student Book 2 + Activebook: For the 2016 Specifications (BTEC Nationals Sport 2016) Paperback – 13 Jul 2017

by [Adam Gledhill](#) (Author), [Alex Sergison](#) (Author), [Ms Chris Lydon](#) (Author), [Dale Forsdyke](#) (Author), [& 3 more](#)

Library and Information Services

There are a variety of resources available in the library, both on loan and for reference. It is important that you use the library to help you with your assignments and for revision. Make the time to find out what is available to you.

Internet

There are a huge variety of web sites that you can use to help you with your work. It is important to remember that in order to get the best marks possible you will need to show evidence that you have read around the subject and can show an 'in depth' understanding of the topic. Due to the nature of the Internet the web addresses are constantly changing.

Be careful, not everything on the internet is correct, use your common sense and only use the internet as a source in addition to your text books!

Work must be produced independently and be referenced properly. Plagiarism will severely affect your grades.

Some of the most common websites specific to the requirements of this course are detailed below;

British Olympic Association <http://www.olympics.org.uk/>

Department of Culture, Media and Sport <http://www.culture.gov.uk>

Sports Coach UK <http://www.sportscoachuk.org.uk>

Sport England <http://www.sportengland.org>

Inner Body <http://innerbody.com>

Peak Performance <http://www.pponline.co.uk>

Psychology Lab <http://www.geocities.com/lazaridous/>

Training Programmes/Principles <http://www.brianmac.demon.co.uk/>

UK Sport <http://www.uksport.gov.uk>

Sport Injury Journals <http://www.physsportsmed.com/>

National Library of Medicine www.ncbi.nlm.nih.gov/entrez/query.fcgi



Please complete the following assignments over summer ready to hand in on the very first lesson in this subject:

Activity 1

Recommended websites;

www.brianmac.com

Inner Body <http://innerbody.com>

Introduction

The human body is made up of many different systems that work together and allow us to take part in a huge variety of sport and exercise activities. An athlete can go from rest to all-out sprinting in a matter of seconds, whereas an endurance athlete can continue exercising for many hours at a time.

The skeletal and muscular systems work together to allow our bodies to perform a vast range of different movements. Our cardiovascular and respiratory systems act as a delivery service, working together to supply oxygen and nutrients to the body which in turn is used to produce energy for muscular contraction.

In order to appreciate how each of these systems function, you will study the structure of the skeletal, muscular, cardiovascular and respiratory systems. The human anatomy of these systems is very different but in terms of operation, each system is implicitly linked. Having an understanding of these body systems is imperative in the sport and active leisure industries in order to begin to appreciate how the body functions and how it copes with the many different stresses of exercise.

Scenario

University places are extremely hard to get onto now days. You have applied for a place on a sports coaching 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 the Skeletal system to research & must be prepared to present and discuss fully in a discussion with an interview panel at the university.

Task 1

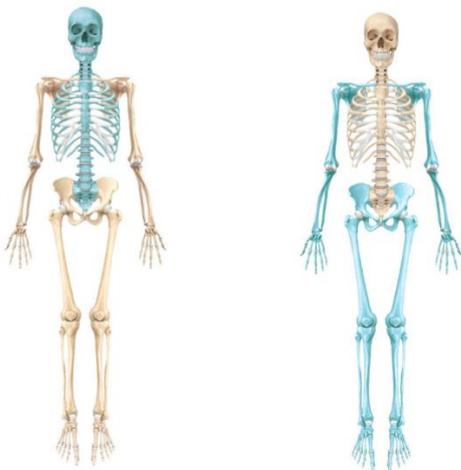
Using Powerpoint prepare slides for your discussion with your tutor:

- a) Find a blank picture of the AXIAL skeleton & label it
- b) Find a blank picture of the APPENDICULAR skeleton & label it

For each you will be required to describe: (a) where it is located, (b) the bones that form that part of the skeleton, (c) what that skeleton's function & role is & (d) What movement it allows
DO NOT FORGET TO REFERENCE YOUR WORK & PICTURES

Axial skeleton

Appendicular skeleton



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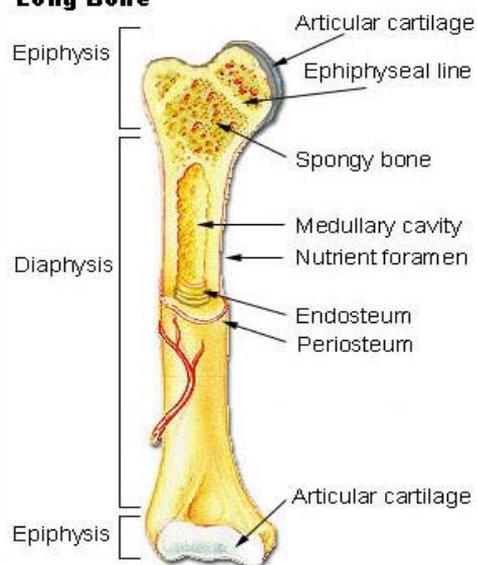
Task 2

Using Powerpoint prepare slides for your discussion with your tutor on the following:

a) *The FIVE TYPES of bones: (1) Long Bones, (2) Short Bones, (3) Irregular Bones, (4) Flat Bones & (5) Sesamoid Bones.*

b) Have a picture/diagram (of the bone & its structure/make up), (B) Purpose/Job, (C) Examples of bones in this category & where these examples are found & why they are placed in this category.

Long Bone

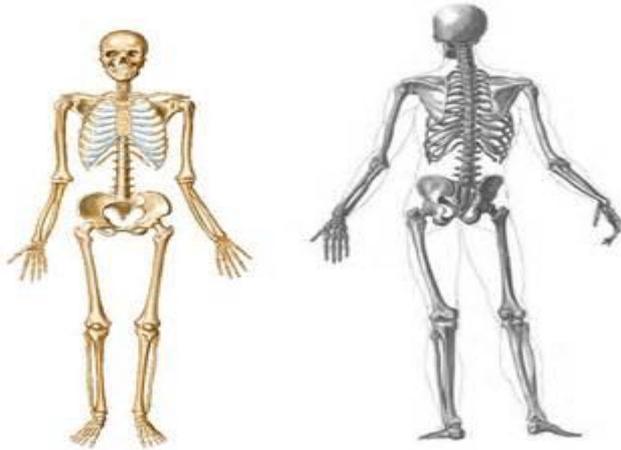


Task 3

Using Powerpoint prepare slides for your discussion with your tutor on the following:

Find a blank picture of the skeleton & then identify the following 21 bones on it to include;

cranium, clavicle, ribs, sternum, humerus, radius, ulna, scapula, ilium, pubis, ischium, carpals, metacarpals, phalanges x2, femur, patella, tibia, fibula, tarsals, metatarsals



Task 4

Using Powerpoint prepare slides for your discussion with your tutor on the following:

- a) Find a blank picture of the Vertebral Column & then identify each of the following regions: cervical, thoracic, and lumbar vertebrae, sacrum, coccyx

For each region you will need to identify & know: (A) how many bones make up that region, (B) the function of the region, (C) identify where the Atlas & Axis Bones are in the vertebral column & their function



Task 5

Using Powerpoint prepare slides for your discussion with your tutor on the following:
Prepare a slide on each of the FUNCTIONS OF THE SKELETAL SYSTEM which covers the following:

- (A) What it is, (B) How the skeleton provides it & (C) why the function is important/useful

THE FUNCTIONS: *support; protection; attachment for skeletal muscle; source of blood cell production; store of minerals*

Grade	Criteria
Pass	I have described the main functions of the skeletal system to include types of skeleton, types of bones, location of bones, the vertebral column, and the functions of the skeletal system
Merit	I have explained the above with relevant sporting examples
Distinction	I have analysed the above with relevant disorders, diseases, and illnesses that may affect the skeletal system