



BTEC Sport: Transition Activities



What is BTEC Sport?

The Pearson BTEC National Extended Certificate in Sport is an Applied General qualification for post-16 learners who want to continue their education through applied learning and who aim to progress to higher education and ultimately to employment in the sport sector.

The BTEC Level 3 Extended Certificate in Sport qualification is designed to allow learners to develop their knowledge and understanding of sports based concepts, forming a sound base from which to progress to further levels of study.

The qualification is equivalent in size to one A Level, and it has been designed as a one-year, full-time study programme, or a full two-year programme when studied alongside a further Level 3 qualification.

The course aims to enable students to:

- **Improve understanding of anatomy and physiology and how this links to sporting performance**
- **Develop knowledge, skills and understanding of the factors which influence the quality of performance.**
- **Understand the opportunities for professional development in the sports industry**
- **Understand the effects of psychology in sport**
- **Demonstrate the ability to communicate effectively using a variety of assignments.**
- **Use ICT to support all aspects of work.**



Pearson BTEC Level 3 National Extended Certificate in Sport Specification:

Requires the completion of 4 units. Three mandatory units and one specialist unit. There are two externally assessed units (exam and synoptic paper) and two internally assessed. The course is two years and commitment is required for this period to fulfill the whole course.

YEAR 1

UNIT 1: Anatomy and Physiology (Externally assessed exam)

In this unit, you will learn about the skeletal, muscular, cardiovascular and respiratory systems, including their functions and the fundamentals of the energy systems.

UNIT 6: Sports Psychology (Internally Assessed)

You will develop understanding in the psychological dimensions of sport and introduce psychological techniques to enhance performance.

- Personality
- Motivation
- Competitive pressure
- Group dynamics
- Psychological training programmes



Unit	Type
Unit 1: Anatomy and Physiology	<ul style="list-style-type: none"> • Written examination set and marked by Pearson. • 1.5 hours. • 90 marks.
Unit 2: Fitness Training and Programming for Health, Sport and Well-being	<ul style="list-style-type: none"> • A task set and marked by Pearson and completed under supervised conditions. • In Part A, learners will be given a case study one week before a supervised assessment period in order to carry out preparation. • In Part B, the supervised assessment period is 2.5 hours as timetabled by Pearson. • Written submission. • 60 marks.



YEAR 2

UNIT 3: Professional Development in the Sports Industry (Internally Assessed)

In this unit you will explore the skills required for different careers in sport. You will reflect on personal skills, career action plans and practical interview activities.

- Explore personal skills
- Understand job opportunities in the sports industry
- Undertake recruitment activities
- Reflect on recruitment and selection process in sport

UNIT 2: Fitness Training and Programming for Health, Sport and Well-being

(Externally assessed synoptic paper)

In this unit you will explore client screening and lifestyle assessments, fitness training methods and fitness programming to support improvements in a client's health and well-being.

- Lifestyles choices
- Fitness principles
- Evaluate informed judgements on health and well-being
- Develop fitness training programme



Methods of Assessment

Externally Assessed

Exam – long and short answer questions

Pre seen Synoptic Assessment

Internally Assessed

- Power-point presentations
- Booklets
- Posters
- 3D visual tools/diagrams
- Training Programme
- Lab Reports
- Observations
- Interviews



Assessment

To achieve the award learners must achieve a minimum of a pass grade on all units. Units are assessed via exam, synoptic assessment and coursework. Units are graded as pass, merit, distinction or unclassified. The overall pass grade is then calculated on the total points scored from all units and the final mark is graded as:

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Grade	Tariff points
D*	56
D	48
M	32
P	16

Summer Task:

Having an understanding of body systems is imperative in the sports industry so that professionals can help support people who are taking part in sport and exercise. The human body is made up of many different systems that interrelate to allow us to take part in a huge variety of sport and exercise activities. For example, an athlete can go from rest to sprinting in a matter of seconds, whereas an endurance athlete can continue exercising for many hours at a time.

In order to appreciate how each of these systems function, you will explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance. The anatomy and physiology of each body system and their processes are very different but work together to produce movement. You will gain a full appreciation of how the body is able to take part in sport and exercise through understanding the interrelationships between these body systems.



Over the summer we would like you to investigate the following areas and produce research posters created by yourself on the following areas. It is important you design them and you don't just copy and paste the information from the internet. This information we will cover in more detail over the first two terms and it is vital you have an understanding of it, as it is the basics of the body systems for the Unit 1 exam.

Skeletal System Poster

- ❑ Task 1 - Create a poster of the bones of the body, labeling the following major bones in the body.

Cranium, Clavicle, Ribs, Sternum, Scapula, Humerus, Radius, Ulna, Carpals, Metacarpals, Phalanges, Pelvis, Vertebral Column (cervical, thoracic, lumbar, sacrum, coccyx), Femur, Patella, Tibia, Fibula, Tarsals, Metatarsals

Colour which ones make up the axial skeleton and which ones make up the appendicular.

- ❑ Task 2 - Five types of bones in the human body with examples of each and what their function is

Long, Short, Flat, Irregular, Sesamoid

- ❑ Task 3 - Types of joints in the human body

Fixed (Fibrous), Slightly Movable (Cartilaginous), Synovial (Freely Movable)

- ❑ Task 4 - The types of synovial joints in the human body

Hinge, ball & socket, gliding, condyloid, saddle, pivot

Muscular System Poster

- ❑ Task 1 - The three muscles types, an example of each and their function/characteristics

Cardiac, Skeletal, Smooth

- ❑ Task 2 - Label the major skeletal muscles of the human body

Deltoid, Pectorals, Biceps, External Obliques, Abdominals, Hip Flexors, Quadriceps, Tibialis Anterior, Trapezius, Deltoid, Triceps, Latissimus Dorsi, Erector Spinae, Gluteals, Hamstrings, Gastrocnemius, Soleus

Respiratory System Poster

- ❑ Task 1 - Label the main structures of the respiratory system.

Trachea, Mouth, Nasal Cavity, Larynx, Pharynx, Bronchi, Bronchioles, Alveoli, Lungs, Ribs, Intercostal Muscles, Diaphragm, Epiglottis

- ❑ Task 2 - Explain what happens during inspiration and expiration

Cardiovascular System Poster

- ❑ Task 1 - Label the main structures of the cardiovascular system.

Atria, Ventricles, Bicuspid Valve, Tricuspid Valve, Semilunar Valves, Septum, Aorta, Vena Cava, Pulmonary Artery, Pulmonary Veins, Capillaries

- ❑ Task 2 - Describe and explain the role of the blood vessels in the body.

Arteries, Veins, Capillaries

- ❑ Task 3 - Explain the function of the cardiovascular system, under the following headings:

Delivery of oxygen & nutrients, Removal of waste products (carbon dioxide & lactate), Thermoregulation (vasoconstriction & vasodilation), Fight Infection, Clot Blood

This can be completed on word, publisher, google docs, google slides or drawn. Once completed send a copy to

Mrs Tarlton via email

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Research on the Body Systems

Here are some videos which you can watch to research the body systems in more detail. Reading around the subject helps build an understanding of how the body works and develops your understanding of the vocabulary used within the different areas.

These youtube channels have a variety of short clips about each of the body systems, as well as quizzes.

[Mike Tyler](#)

[BTEC SPORT LEVEL A&P- Learning aim B- Muscular System](#)

[BTEC Sport A& P learning aim A- Skeletal system](#)

[L3 Anatomy & Physiology Revision](#)

https://www.youtube.com/playlist?list=PLx1bU_yG5Md3KuHvI50pUycQSi2yeikcd

[Crash Course Anatomy & Physiology](#)