

Sixth Form Bridging Programme
BTEC Level 3 Extended Certificate in Sport

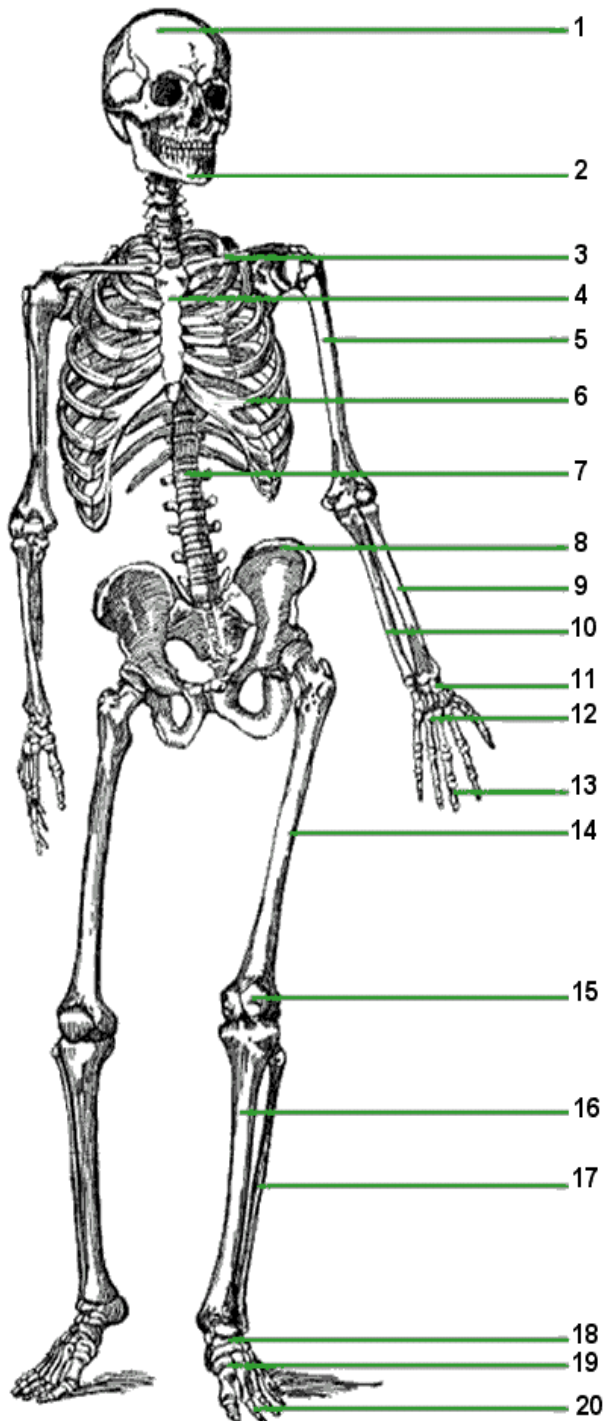
The course includes 4 units across two years. Unit 1, 2 & 3 you will start in September. Please complete the following tasks in preparation for starting these 3 units.

Unit 1: Anatomy and Physiology (Mr Barter)

There are 5 topics within this unit so there are 5 tasks, one for each topic:

Task 1: Skeletal system:

1. Label each bone of the skeleton



There are 5 types of bone in the skeleton

- Fill in the table below to identify and describe each type of bone.

Type of bone	Examples from the skeleton	Description of the bone (characteristic and function)
Long bones		
Short bones		
Flat bones		
Irregular bones		
Sesamoid bones		

Unit 1 Task 2: Muscular system

There are three different types of muscle in your body (skeletal, smooth and cardiac). Each has a unique structure and function (job) in the body.

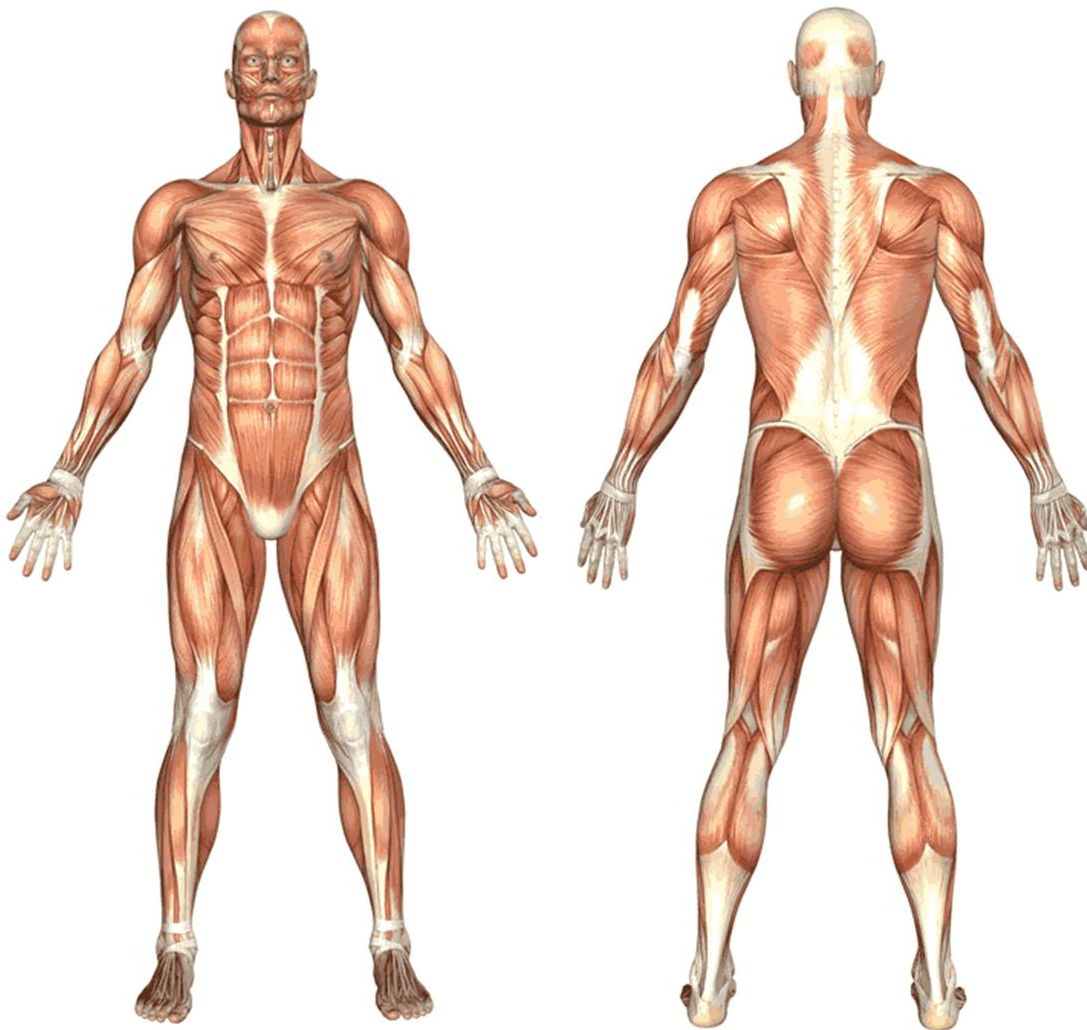
Research and explain how important each of these 3 muscle types are for a sport of your choice e.g. Football, Netball, Rugby, Dancing

Sport selected:.....

Skeletal muscle
Smooth muscle

Cardiac muscle

Label the diagram to show the location of the muscles in the box below.



Triceps, Biceps, Deltoids, Pectorals, Abdominals, Hip Flexor, Quadriceps, Hamstrings, Gastrocnemius, Soleus, Tibialis Anterior, Erector Spinae, Trapezius, Latissimus Dorsi, Obliques and Gluteals.

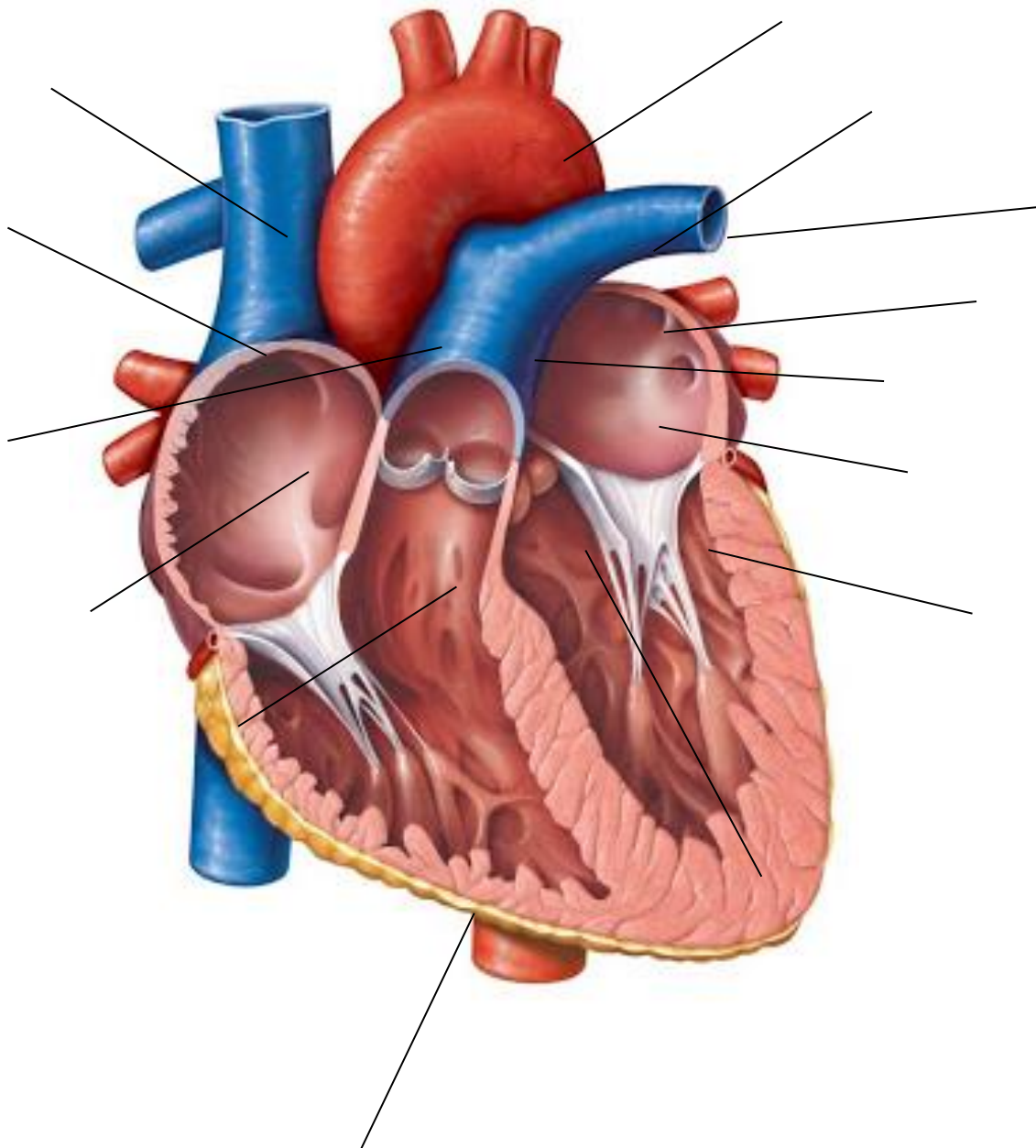
Task 3: Respiratory system

Research the definition for these 5 key terms:

Tidal volume	
Vital capacity	
Residual volume	
Minute ventilation	
Total lung volume	

Task 4: Cardiovascular system

Label the: 4 chambers, 4 valves, muscular wall and blood vessels



Task 5: Energy systems

There are 3 main energy systems: Complete the table about their key characteristics:

	How long does the system last?	What by-products are produced?	What type of Athletes would use this system?	Identify a disadvantage of the system
ATP-PC System				
Lactic Acid System				
Aerobic System				

Unit 2: Fitness Training and Programming for Health, Sport and Well-being (Mr Swannell)

It is vital that you have good knowledge about the topic areas listed below.

You will be involved in assessed discussion groups covering the different topic areas.

You must prepare thoroughly for these discussion groups creating notes, quotes and data you can refer to.

You will be assessed on your contribution to the discussion using the grid below.

Assessment of Discussion						
	Before			After		
	Red	Amber	Green	Red	Amber	Green
Understanding of the Discussion topic area.						
Ability to use the method of learning.						
Reflection on Personal Contribution to the learning process						
	Insignificant	Below average	Average	Significant	Very Significant	
Quantity						
Quality						
Use of data/examples						
<p>Targets for learning: What do I need to consolidate after this lesson? What should I follow up on after this lesson? What should I do to extend my understanding of this topic AND the surrounding issues.</p>						

- Topic 1 Research and prepare your notes for the discussion on the **Positive Effects of Exercise/ Physical Activity on health and well-being.**

Prepare your notes under the following headings:

Government Recommendations for Exercise

Physical Effects:

Strengthens bones Improves posture Improves body shape

Reduces risk of chronic diseases
CHD Cancer Type 2 diabetes

Psychological

Relieves stress Reduces depression Improves mood

Social

Improves social skills Enhances self-esteem

Economic

Reduces costs to National Health Service Reduces absenteeism from work

- Topic 2 Research and prepare your notes for the discussion on the **Positive effects of having a Balanced Diet on health and well-being.**

Prepare your notes under the following headings:

Correct Calorie Intake

Government recommendations Maintaining a healthy weight
Body shapes BMI--Waist to Hip

Nutrients: Vitamins and Minerals

5 a day Immune System Reduced risk of Chronic Diseases

Fluid intake requirements

Government recommendations Temperature Regulation Dehydration
Quantity of water required Moderation of caffeine intake

Caffeine Intake

Government recommendations Effect of excess Caffeine

- Topic 3 Research and prepare your notes for the discussion on the **Negative Effects of Smoking on health and well-being.**

Prepare your notes under the following headings:

Government recommendations Effect of amount smoked and length of time being a smoker

Coronary Heart Disease What is CHD How smoking causes CHD

Lung and Mouth Cancer What is Cancer How smoking causes Cancer

Lung Disease What is Lung Disease How smoking causes Lung Disease

Emphysema What is emphysema How smoking causes emphysema

Bronchitis What is Bronchitis How smoking causes Bronchitis

Infertility How smoking causes Infertility

- Topic 4 Research and prepare your notes for the discussion on the **Negative Effects of Alcohol on health and well-being.**

Make notes under the following headings:

Government recommendations Details of government recommendations

Stroke What is a Stroke How alcohol consumption can lead to a stroke

Liver Cirrhosis What is Cirrhosis How alcohol consumption can lead to Liver Cirrhosis

Hypertension What is Hypertension How alcohol consumption can lead to Hypertension

Depression What is Depression How alcohol consumption can lead to Depression

- Topic 5 Research and prepare your notes for the discussion on the **Negative Effects of Stress on health and well-being.**

Make notes under the following headings:

Government recommendations Details of government recommendations

Hypertension What is Hypertension How stress can lead to hypertension

Angina What is Angina How Stress can lead to Angina

Stroke What is a Stroke How stress can lead to a Stroke

Heart Attack What is a Heart Attack How Stress can lead to a Heart Attack

Stomach Ulcers What are Stomach Ulcers How can Stress lead to Stomach Ulcers

Depression What is Depression How stress can lead to depression

Unit 3: Professional Development in the Sports Industry (Mrs Bromley)

As a student on the Level 3 BTEC Sport programme, you have been approached by the careers department from the Tamworth and Lichfield Further Education College to carry out an investigation into two contrasting career pathways in the sports industry.

The investigation should focus on short and long-term prospects in each career pathway. In addition to this, as part of your investigation you must highlight the knowledge, skills and qualities required to pursue each career.

Task

You must select and identify one professional career in sport and leisure that could be undertaken in the Burntwood and Lichfield area. Please select a career from one of the following list:

PE Teacher
Sports coach
Sports physiotherapist
Sports journalist for a local newspaper
Sports development officer
Sports events manager

1. Give a basic description of what the career entails. (the daily expectations and day to day running of the role)
2. Explain the pay scales, possible pathway for promotion and short term and long term prospects.
3. Detail the formal qualifications required to achieve this role. Begin at GCSE.
4. Highlight the types of course you could take at university that could eventually lead to this role. Include the universities that run these courses. And what is involved. What type of qualification you would achieve.

5. Compare the A levels and grades (point scores) required between universities.
6. Identify additional skills (skill set) that may be required to support this kind of role. Eg numeracy, literacy, ICT skills, communication, organisation leadership, interest in sport, participation in sport, ability to drive and explain why it would be important for the career that you have selected to investigate.
7. Explain the type of voluntary work experience that would be useful to be considered for this role that is done outside of school. EG roles in school such as sports leader, peer mentor, school photographer, assistant at a local sports club/scouts/disability activity
8. Identify the personal qualities that would be required for this role. EG vision, creativity, speaking and listening, empathy, flexibility to adapt, hardworking etc and explain why these would be important.

In addition, explain the following terms:

Full time work.

Part time work

Public sector (working in the public sector)

Private sector (working in the private sector)

Make sure you:

Give your work headings/titles

Write in complete sentences and paragraphs

If you have used the internet, which I recommend you do, then copy and paste the web address beside the work that you are referencing.

The work should be printed out on completion and handed in, in a plastic wallet on your BTEC sports lesson to Mrs Bromley.