

Sixth Form Bridging Programme
BTEC Level 3 Extended Certificate in Sport

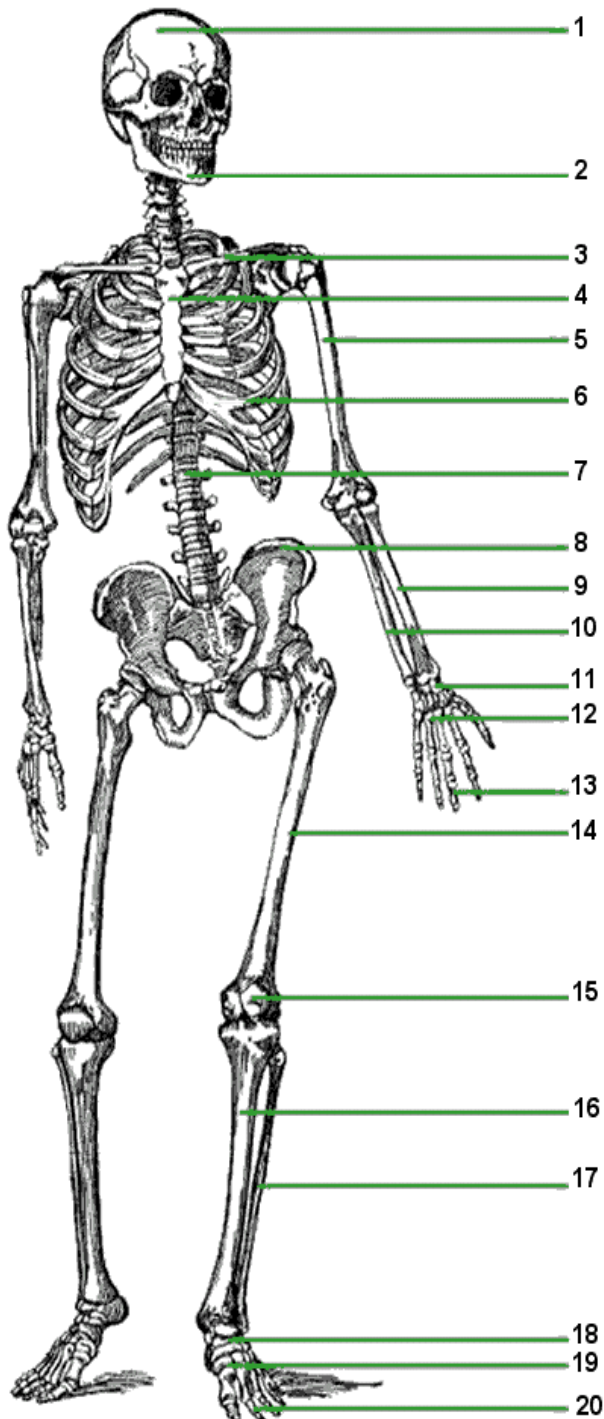
The course includes 4 units across two years. Unit 1, 2 & 3 you will start in September. Please complete the following tasks in preparation for starting these 3 units.

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 (20)



There are 5 types of bone in the skeleton

- Fill in the table below to identify and describe each type of bone (6)

Type of bone	Examples from the skeleton	Description of the bone (characteristic and <u>function</u>)
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.

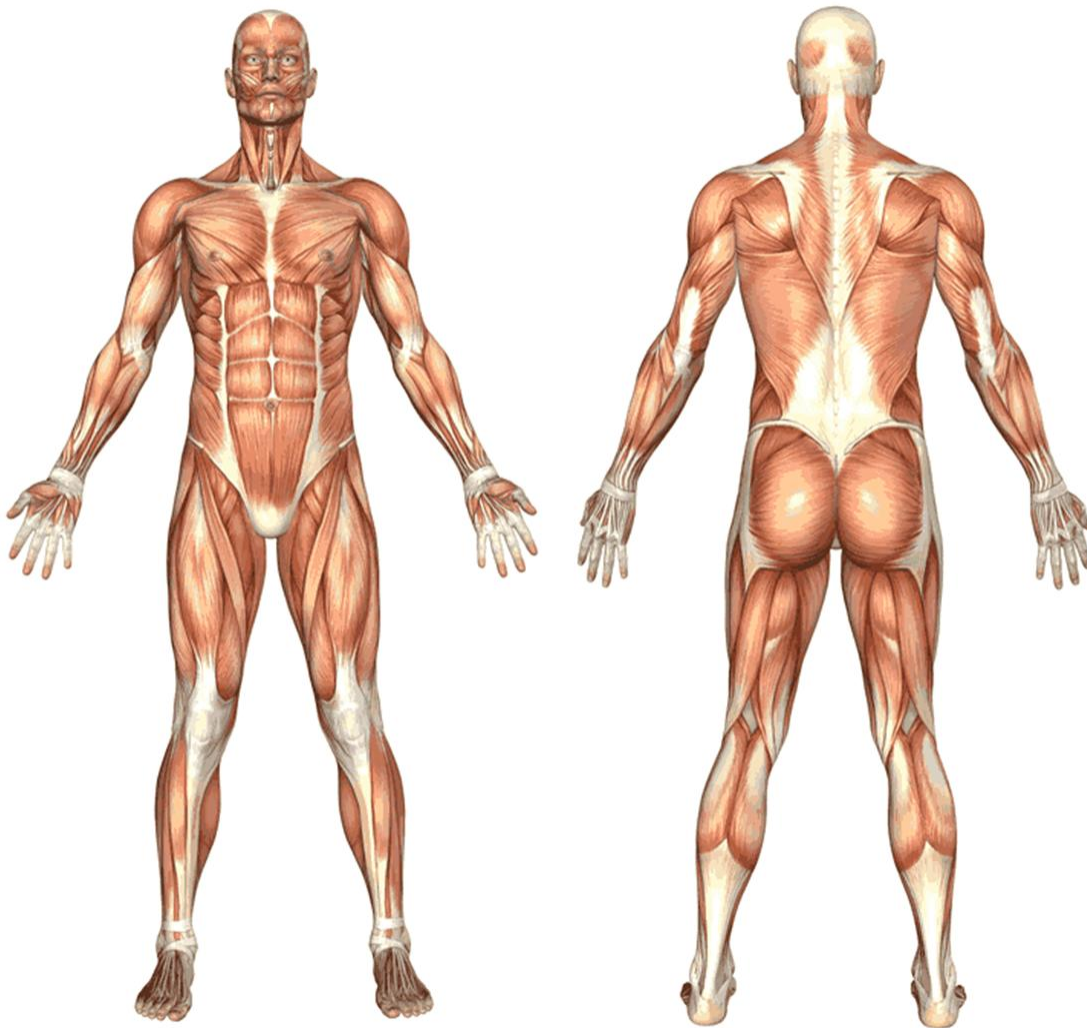
Research and explain (including an example) how important each of these 3 muscle types are for a sport of your choice e.g. Football, Netball, Rugby,

Sport selected:..... (6)

Skeletal muscle
Smooth muscle

Cardiac muscle

Label the diagram to show the location of the muscles in the box below (16)



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

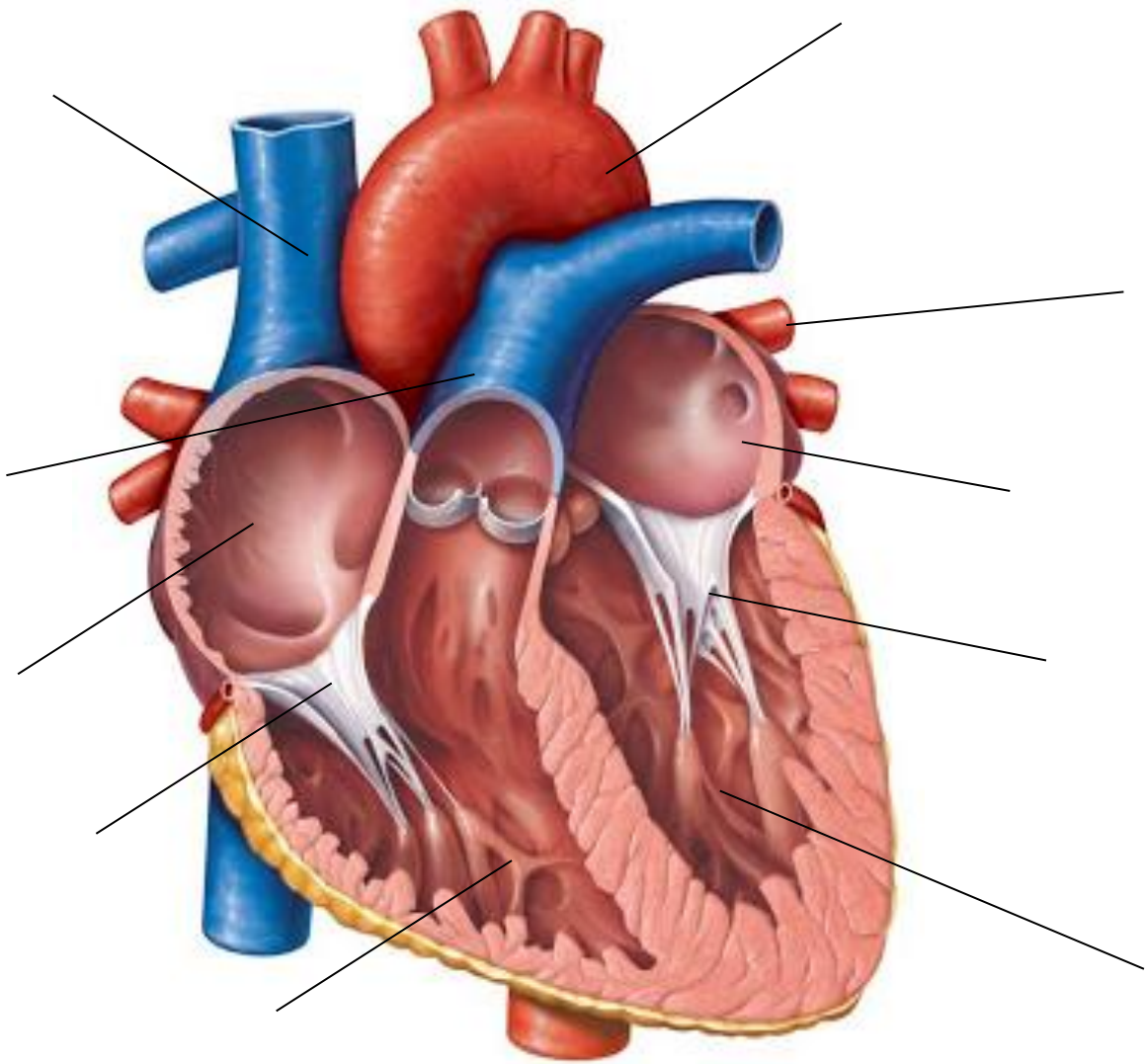
Task 3: Respiratory system (5)

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, 2 valves, blood vessels (10)



Task 5: Energy systems

There are 3 main energy systems: Complete the table about their key characteristics: (12)

	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**.
Your notes will be handed in and marked before the discussion.

Prepare your notes by answering the following questions under the following headings:

Government Recommendations for Exercise

1. What are the Government recommendations for exercise/ physical activity?

Physical Effects:

2. How can different forms of exercise/ physical activity strengthen bones?
3. How can different forms of exercise/ physical activity improve posture?
4. How can different forms of exercise/ physical activity improve body shape?
5. How can different forms of exercise/ physical activity reduce the risk of chronic diseases such as CHD, Cancer, Type 2 diabetes

Psychological

6. How can different forms of exercise/ physical activity help to relieve stress?
7. How can different forms of exercise/ physical activity reduce depression?
8. How can different forms of exercise/ physical activity improve mood?

Social

9. How can different forms of exercise/ physical activity improve social skills?
10. How can different forms of exercise/ physical activity enhance self-esteem?

Economic

11. How can different forms of exercise/ physical activity reduce the costs to the National Health Service?
12. How can different forms of exercise/ physical activity reduce 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.**

Your notes will be handed in and marked before the discussion.

Prepare your notes by answering the following questions under the following headings:

Correct Calorie Intake

1. What are the government recommendations for calorie intake?
2. What is meant by the term Energy balance?
3. How do scientists describe the different body shapes?
4. What is meant by the term BMI? What is a healthy BMI?
5. What is meant by the term Waist to Hip ratio? What is a healthy Waist to Hip ratio?

Nutrients: Vitamins and Minerals

6. What is meant when dieticians say, 5 a day?
7. What is the Immune System?
8. How does having a good intake of vitamins and minerals effect the risk of Chronic Diseases?

Fluid intake requirements

9. What are the Government recommendations for water intake?
10. What are the effects of Dehydration?
11. What are the government recommendations of caffeine intake?
12. What are the effects of excess caffeine intake?

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

Your notes will be handed in and marked before the discussion.

Prepare your notes by answering the following questions under the following headings:

Government recommendations

1. What are the government recommendations for smoking?
2. Does the amount smoked and length of time being a smoker have an effect?

Coronary Heart Disease

3. What is CHD?
4. How does smoking cause CHD?

Lung and Mouth Cancer

5. What is Cancer?
6. How does smoking causes Cancer?

Lung Disease

7. What is Lung Disease?
8. How does smoking cause Lung Disease?

Emphysema

9. What is emphysema?
10. How does smoking cause emphysema?

Bronchitis

11. What is Bronchitis?
12. How does smoking cause Bronchitis?

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

Your notes will be handed in and marked before the discussion.

Prepare your notes by answering the following questions under the following headings:

Government recommendations

1. What are the government recommendations for the consumption of alcohol?

Stroke

2. What is a Stroke?
3. How can excess alcohol consumption can lead to a stroke?

Liver Cirrhosis

4. What is liver Cirrhosis?
5. How can excess alcohol consumption lead to Liver Cirrhosis?

Hypertension

6. What is Hypertension?
7. How can excess alcohol consumption can lead to Hypertension?

Depression

8. What is Depression
9. How can excess 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.**

Your notes will be handed in and marked before the discussion.

Prepare your notes by answering the following questions under the following headings:

Government recommendations

1. What are the government recommendations about stress

Hypertension

2. What is Hypertension?
3. How can stress can lead to hypertension?

Angina

4. What is Angina?
5. How can Stress can lead to Angina?

Stroke

6. What is a Stroke?
7. How can stress can lead to a Stroke?

Heart Attack

8. What is a Heart Attack?
9. How can Stress can lead to a Heart Attack?

Stomach Ulcers

10. What are Stomach Ulcers?
11. How can Stress lead to Stomach Ulcers?

Depression

12. What is Depression?
13. How can 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 1:

You must select and identify one professional career in sport and leisure that could be undertaken in the Burntwood and Lichfield area. Please select one of the career pathways below:

***PE Teacher, Sports Physiotherapist,
Sports Journalist or Sports Coach**

Once you have selected the chosen career pathway answer the following questions. This will be a task asked on you in your coursework for assignment 1:

1. 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 (x5 qualities needed).
2. 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 (x5 skills needed).

3. Describe what the selected career entails (the daily expectations, roles and responsibilities and day to day running of the role).
4. Detail the formal qualifications required to achieve this role. Begin at GCSE.
5. Highlight the types of course you could take at university that could eventually lead to this role. Include universities that run these courses. And what is involved. What type of qualification you would achieve.
6. Identify four Universities and compare the A levels and grades (point scores/UCAS points) required between universities. Provide a brief description, including the website link to identify your findings.
7. Explain possible pathways for promotion when in the role.
8. 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, assistant at a local sports club/scouts/disability activity, supporting in primary and secondary schools, shadowing a professional within the role to gain further knowledge and understanding of what the career entails.

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.

Task 2:

When applying for a job, you may be asked to present a CV. Look to create and build a CV by using the structure below. This will be a task asked of you for Assignment 2:

Curriculum Vitae

Name:

School email:

Personal profile -

Professional summary –

Key Skills –

Education

Chase Terrace Academy

GCSEs- August 2026:

A Levels- To be taken May 2028- predicted

Highlights/Achievements and responsibilities:

Hobbies and Interests:

Work Experience:

References (x2 – name/number/address – cannot be a family member)