



Welcome to Level 3 BTEC Sport 2020 – 2022



What is the course?

Pearson BTEC Level 3 National Extended Certificate in Sport – 360 GLH (Guided Learning Hours)

A broad basis of study for the sport sector. This qualification is designed to support progression to higher education when taken as part of a programme of study that includes other appropriate BTEC Nationals or A Levels.

What will you study?

Over the 2 years you will study 4 modules

- 2 of them are 120 GLH (worth double) and 2 are 60 GLH
- 2 of them are externally marked

External Assessment

- Unit 1 - A written exam (120 GLH)
- Unit 2 - A case study (120 GLH)

What are the modules?

Unit 1 - Anatomy and Physiology (120 GLH)

Unit 2 - Fitness Testing and Programming for Health, Sport and Well-being. (120 GLH)

Unit 3 - Professional Development in the Sports Industry (60 GLH)

Unit 7 - Practical Sports Performance (60 GLH)

Unit 1: Anatomy and Physiology (120 GLH) Externally Assessed – Exam worth 33% of final grade

You will learn:

- The effects of exercise and sports performance on the skeletal system.
- The effects of exercise and sports performance on the muscular system.
- The effects of exercise and sports performance on the respiratory system.
- The effects of exercise and sports performance on the cardiovascular system.
- The effects of exercise and sports performance on the energy systems.

Unit 2: Fitness Testing and Programming for Health, Sport and Well-being (120 GLH) Externally Assessed – Case study worth 33% of final grade

You will:

- Examine lifestyle factors and their effect on health and well-being.
- Understand the screening processes for training programming.
- Understand programme-related nutritional needs.
- Examine training methods for different components of fitness.
- Understand training programme design.

Unit 3: Professional Development in the Sports Industry (60 GLH) Internally Assessed – Coursework worth 17% of final grade

You will:

- Understand the career and job opportunities in the sports industry.
- Explore own skills using a skills audit to inform a career development action plan.
- Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected carer pathway.
- Reflect on the recruitment and selection process and your individual performance.

Unit 7: Practical Sports Performance (60 GLH) Internally Assessed – Coursework and Practical worth 17% of final grade

You will:

- Examine National Governing Bodies rules/laws and regulations for selected sports competitions.
- Examine the skills, techniques and tactics required to perform in selected sports.
- Develop skills, techniques and tactics for sporting activity in order to meet sport aims.
- Reflect on own practical performance using selected assessment methods.

How will you be assessed?

- External Exam
- External Case Study
- Coursework
- Practical Assessment
- Video Analysis

How will you be graded?

Command words – Analyse, Assess, Describe, Discuss, Evaluate, Explain, Give, Identify, State / Name, To what extent.

What does this mean?

Pass – State/Name, Identify, Describe

Merit – Give, Explain

Distinction – Analyse, Assess, Discuss, Evaluate, To what extent

Your Task

In this booklet you will find a number of tasks which you are required to complete before undertaking the course. Please complete them to the best of your ability to show your suitability to study the course in September. Good Luck.

Unit 1 Anatomy and Physiology – Bones of the Human Skeleton

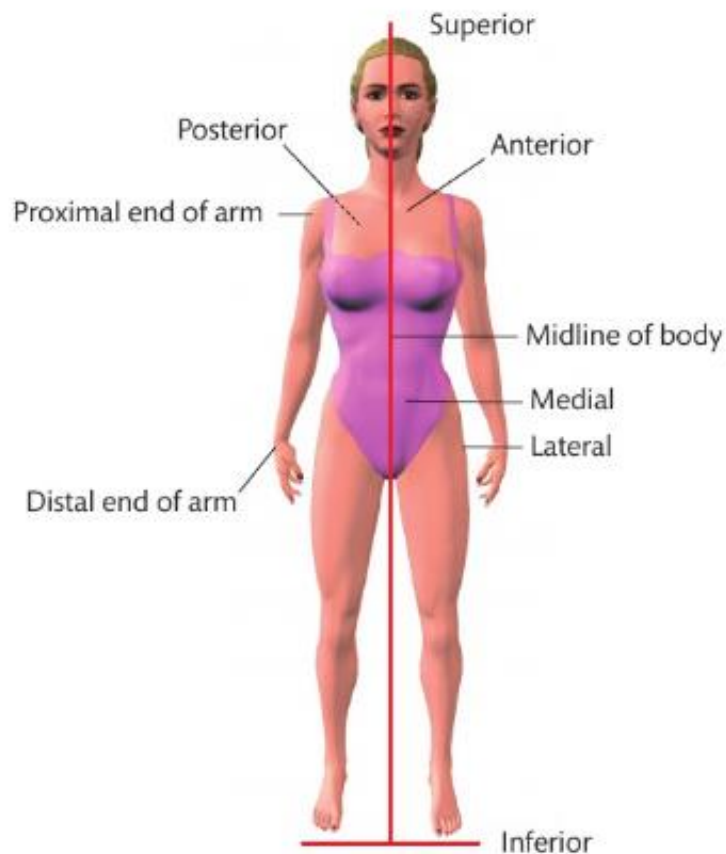
Please label as many bones as possible.



Unit 1 Anatomy and Physiology – Location of Bones

Please give the definition for each in the box below.

Term	Meaning
Anterior	
Posterior	
Medial	
Lateral	
Proximal	
Distal	
Superior	
Inferior	



Unit 1 Anatomy and Physiology – The Skeletal System Exam Style Questions

Figure 1 shows the bones of the upper body.

1 Identify the bones labelled A-C.

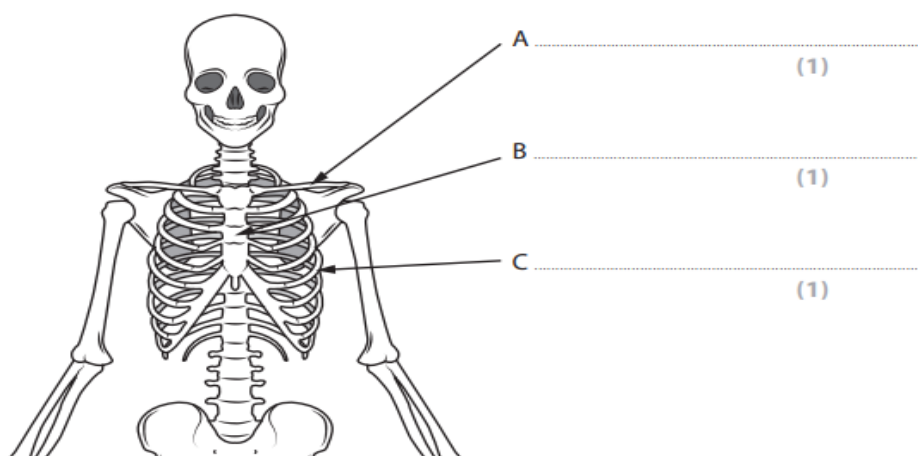


Figure 1

(Total for Question 1 = 3 marks)

A flat bone is one type of bone. One function of a flat bone is to protect vital organs of the body.

2 Complete Table 1 by:

(a) giving **two** other types of bone in Column A

(b) giving **one** function of each type of bone in Column B.

An example has been provided.

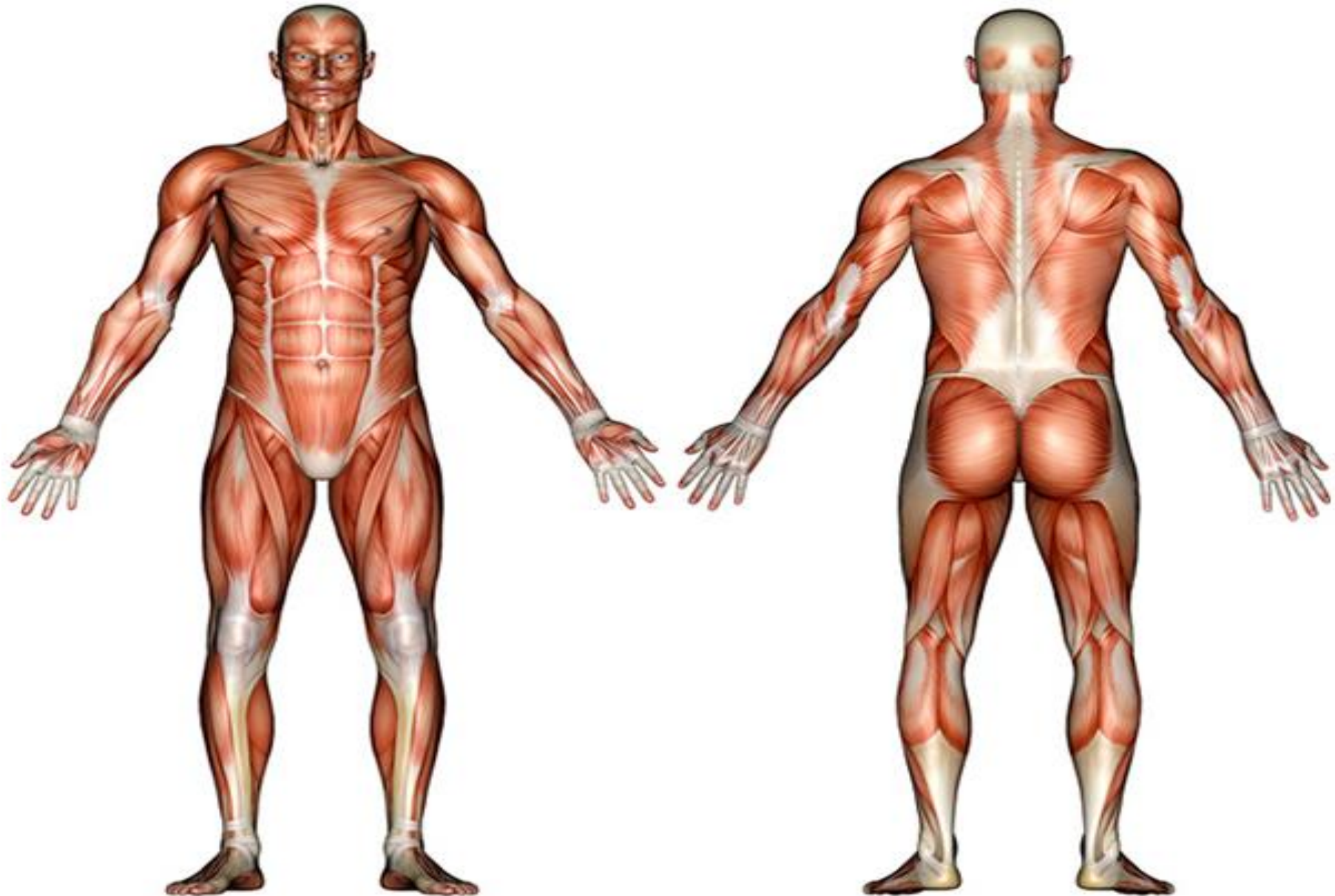
	Column A	Column B
	(a) Type of bone	(b) Function of the bone given in Column A
Example	Flat bone	Protect vital organs
1	(1)	(1)
2	(1)	(1)

Table 1

(Total for Question 2 = 4 marks)

Unit 1 Anatomy and Physiology – Location of muscles in the human body

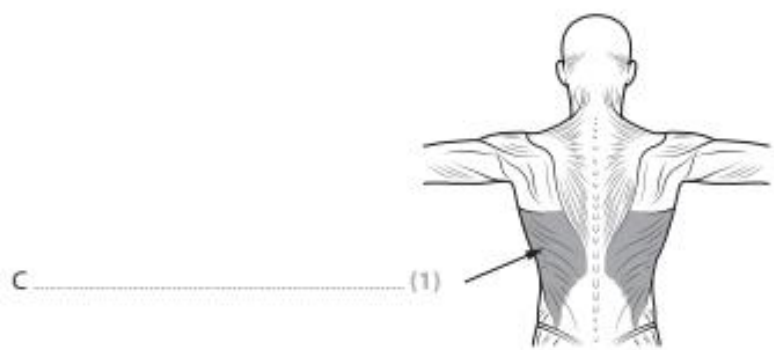
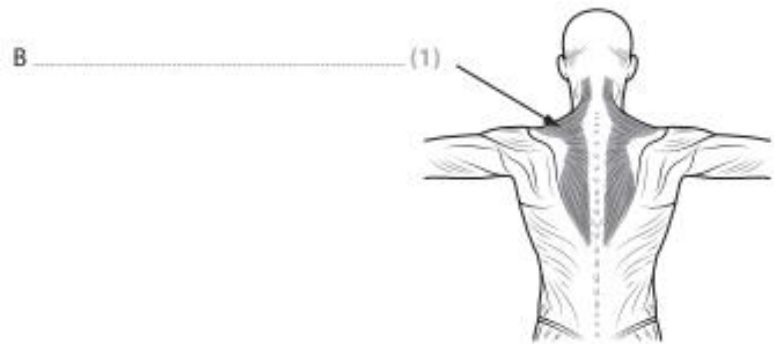
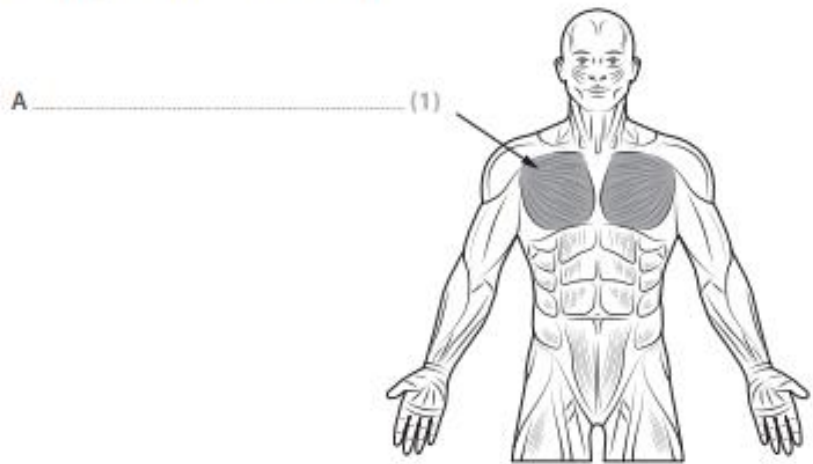
Please label as many muscles as possible.



Unit 1 Anatomy and Physiology – The Muscular System Exam Style Questions

Figure 2 shows the muscles in the upper body.

4 Identify the muscles labelled A-C.



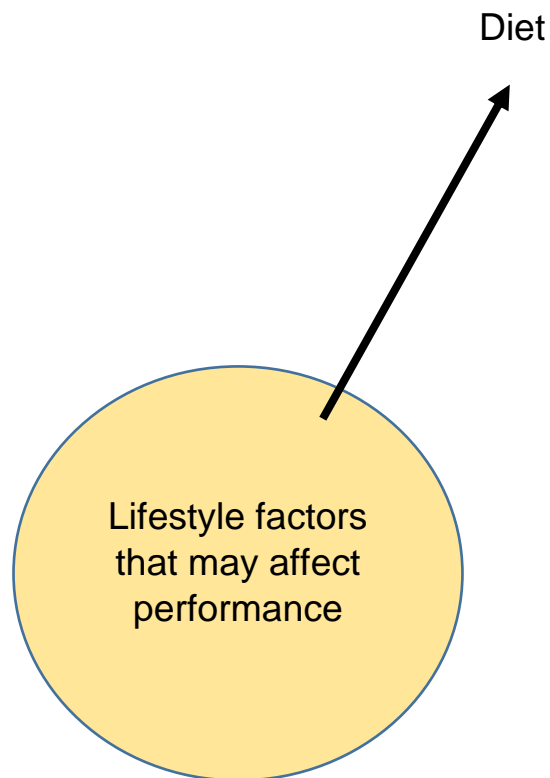
Julie is on a training run. One response to the run is that the temperature of her muscles increases.

(b) Explain what causes muscle temperature to increase during exercise.

(3)

Unit 2 Fitness Testing and Programming for Health, Sport and Well-being

Add as many lifestyle factors that could affect a sports performer to the spider diagram.



Unit 2 Fitness Testing and Programming for Health, Sport and Well-being - Question

Explain how a footballer's diet may affect their ability to play a 90 minute football match.

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Unit 7 - Practical Sports Performance

Name 5 rules in badminton.

1.

2.

3.

4.

5.

Unit 7 - Practical Sports Performance

Name 5 rules in volleyball

1.

2.

3.

4.

5.