

Year 11 into Year 12 Taster Session

BTEC in Sport



Content of Taster Session

- Part 1 – Introduction and course details
- Part 2 – Anatomy and Physiology
- Part 3 – Fitness, Training and Programming

Part 1 – Introduction and Course Details



Sport

BTEC Level 3 National in Sport

Course Title	A' Level equivalent	No. of Units	GLH	External / Internal	No. of Lessons per week
Extended Diploma	3	14	1080	4 / 10	15
Diploma	2	9	720	3 / 6	10
Foundation Diploma	1.5	7	540	2 / 5	5
Extended Certificate	1	4	360	2 / 2	5

Lessons

- You will have **three** teachers, each teaching different units.
- Variety of practical and classroom based learning, depending on the unit content.
- Majority of lessons are usually based in the 6th form hub, however, some maybe in other IT rooms around the school.
- Lessons consist of familiarisation of content, with teacher support and guidance. This is followed by completing either an external exam under exam conditions or an internally assessed assignment.

Externally and Internally Assessed Units

External Units	Internal Units
Unit 1 – Anatomy and Physiology	Unit 3 – Professional Development in Sport
Unit 2 – Fitness, Training and Programming	Unit 4 – Sports Leadership
Unit 19 – Development and Provision of Sport	Unit 5 – Application of Fitness Testing
Unit 22 – Investigating Business in Sport	Unit 6 – Sports Psychology
	Unit 7 – Practical Sports Performance
	Unit 8 – Coaching for Performance
	Unit 9 – Research Methods in Sport
	Unit 23 – Skill Acquisition in Sport
	Unit 25 – Rules, Regulations and Officiating in Sport
	Unit 26 – Technical and Tactical Demands of Sport

Externally Assessed Units

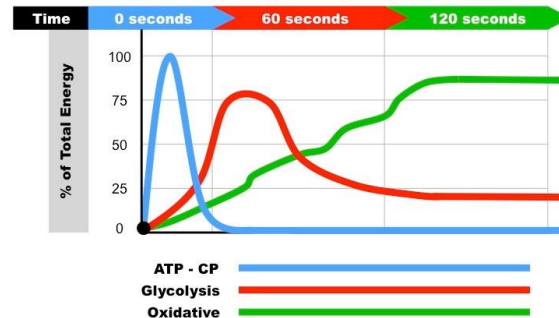
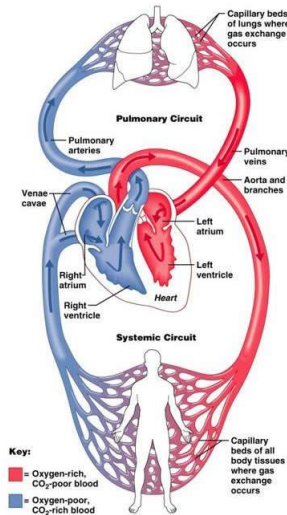
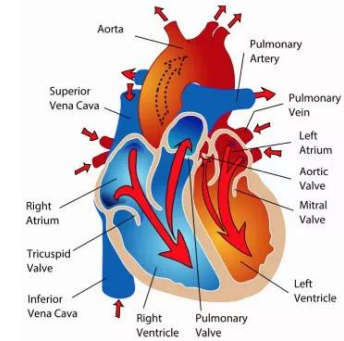
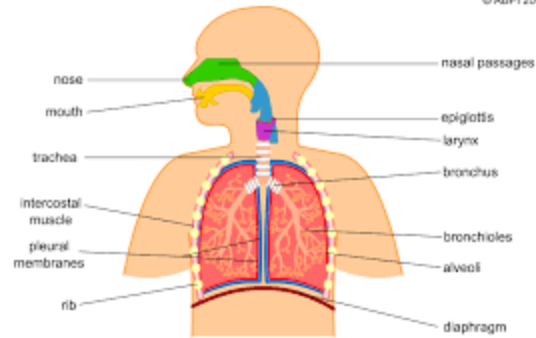
Unit	Length	Marks	Year	Dates	Comments
1 – Anatomy and Physiology	1.5 hrs	80	12	May	Memory recall and application
2 – Fitness, Training and Programming	2.5 hrs	60	12	Jan	Case study with notes
19 – Development and Provision of Sport	2.5 hrs	60	13	Jan	Case study with notes
22 – Investigating Business in Sport	3 hrs	64	13	Jan	Case study with notes
Any resits required			13	May	

Internally Assessed Units

- These happen throughout the year.
- Each Unit has 2/3 Assignments which have a variety of GLH.
- Assignments can be completed in a number of ways, from poster / leaflet design, essay style written work, power point presentations, video or audio submissions, website designs or even blogs.
- Once an assignment is submitted, it is assessed by your teacher and returned, with feedback.
- All grading is based on a PASS, MERIT and DISTINCTION criteria. Each grade is worth a number of points which all add up at the end of the two years to give a final points score. This is then translated into a final grade which depending on the course you have completed, will look something like this:

MMM / DMM / DM / DDD / D*D / M

Part 2 – Anatomy and Physiology



Skeletal System

- 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



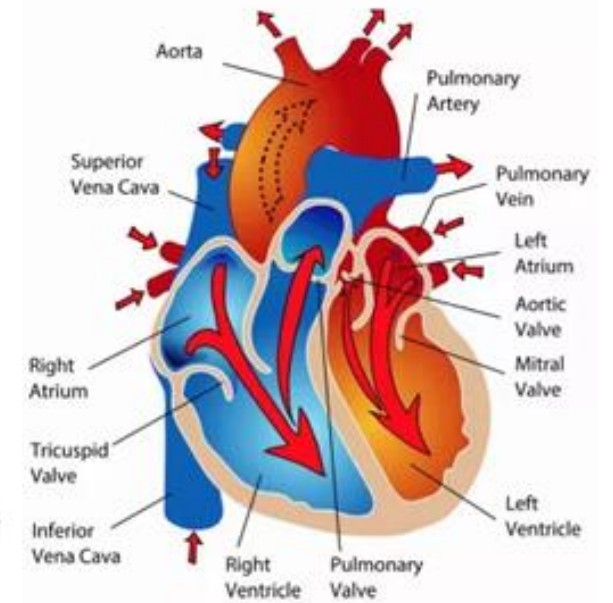
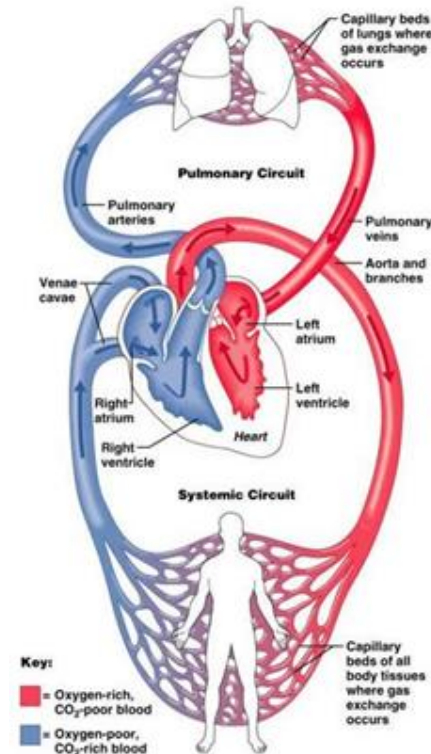
Muscular System



- Deltoids
- Biceps
- Triceps
- Wrist Flexors
- Wrist Extensors
- Supinators
- Pronators
- Pectorals
- Abdominals
- Obliques
- Quadriceps
- Hip Flexors
- Tibialis Anterior
- Erector Spinae
- Trapezius
- Latissimus Dorsi
- Gluteals
- Hamstring
- Gastrocnemius
- Soleus

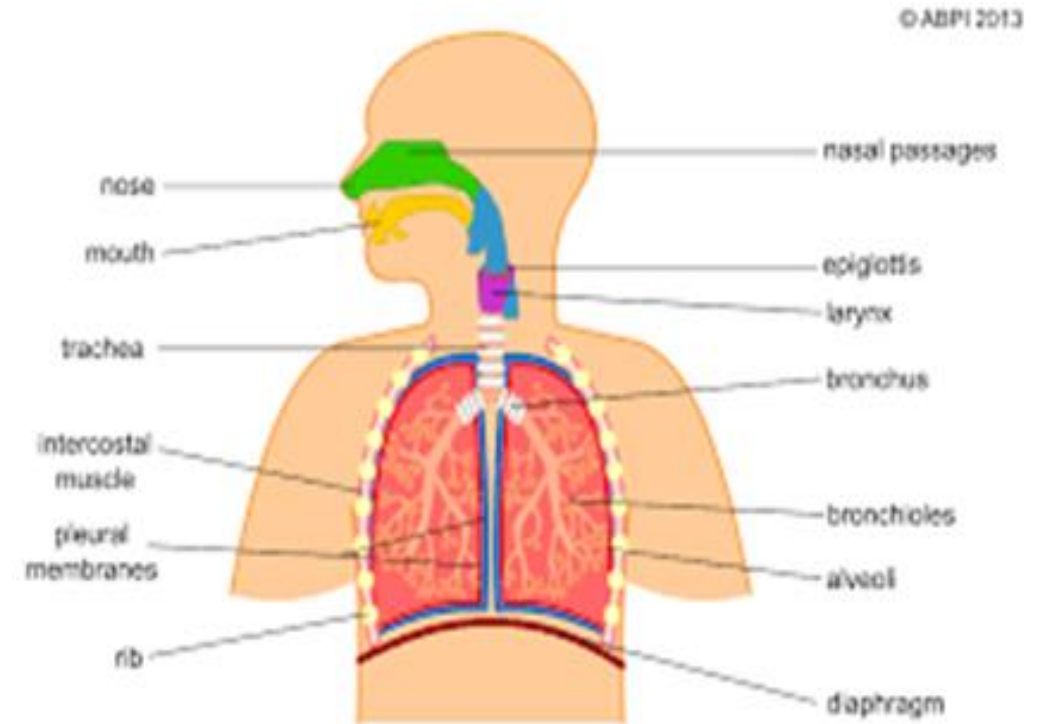
Cardiovascular System

- Atria
- Ventricles
- Bicuspid Valve
- Tricuspid Valve
- Semi-lunar Valves
- Septum
- Major blood vessels (aorta, vena cava, pulmonary artery, pulmonary vein)
- Coronary Arteries
- Structure of blood vessels (arteries, arterioles, veins, venuoles, capillaries)



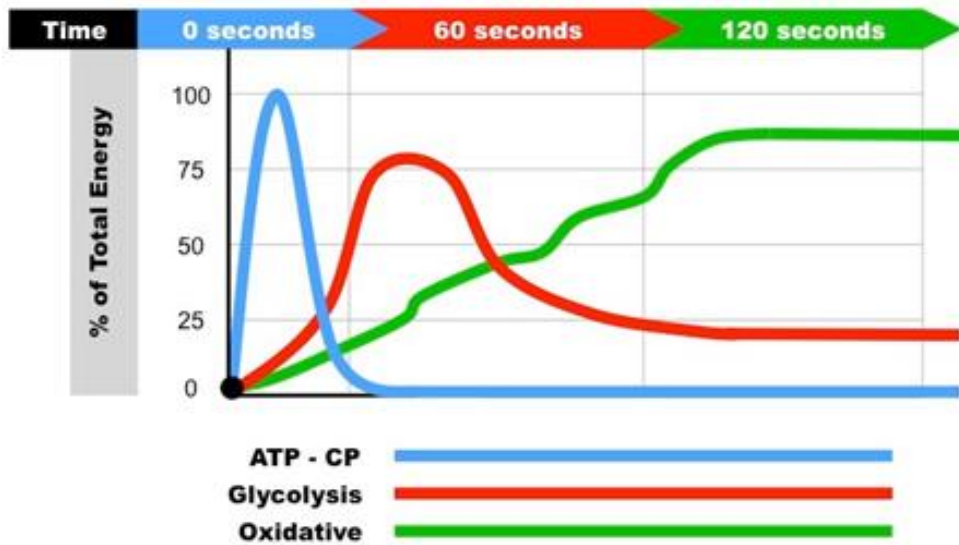
Respiratory System

- Nasal Cavity
- Epiglottis
- Pharynx
- Larynx
- Trachea
- Bronchus
- Bronchioles
- Lungs
- Alveoli
- Diaphragm
- Thoracic Cavity
- Intercostal Muscles (external and internal)



Energy Systems

- ATP-PC (alactic) system
- Lactate system
- Aerobic system



Case Study

Lisa is a 38 year-old female who works in an office. She sits at a desk from 9 am until 5 pm for five days a week. She drives 10 miles to work each day and takes her children to school on the way.

Lisa has spent many years working full time as well as looking after her children. This has had a negative impact on her health and wellbeing. Lisa's family have noticed that she often looks very tired and she knows she has gained extra body weight. Lisa has made an appointment to see an expert to get some lifestyle advice.

Lisa has been told to have a full health screening assessment before she receives any guidance. Lisa would like to improve her health and wellbeing by increasing her energy levels and by losing some of the extra weight she has gained.

Lifestyle Questionnaire

Section 1: Personal details

Name: Lisa Goddard

Address: 48 The Road Smalltown County

Home telephone: 03678 538653

Mobile telephone: 07645 234678

Email: lgoddard@email.com

Age: 38

- 1. What is your occupation?** Office worker
- 2. How many hours do you work each day?** 7.5 hrs
- 3. How far do you live from your occupation?** 10 miles
- 4. How do you travel to your occupation?** Car
- 5. How active would you say your occupation was?** Not active

Section 2: Current activity levels

- 1. How many times a week do you currently take part in physical activity?** None
- 2. What type of activity/exercise do you mainly take part in?** N/A

Section 3: Your lifestyle

- 1. How many units of alcohol do you drink in a typical week?** 35
- 2. Do you smoke?** No If yes, how many cigarettes a day? N/A
- 3. Do you experience stress on a daily basis?** Yes If yes, what causes you stress (if you know)? Work and looking after the children
- 4. On average, how many hours of sleep do you get per night?** 5

Section 4: Health monitoring tests

Test results Test Result

***Blood pressure** 135/90 mmHg ***Resting heart rate** 75 bpm ***Body mass index** 28 ***Waist-to-hip ratio** 0.85

Questions

1. Interpret the lifestyle factors and screening information for Lisa Goddard.
2. Provide and justify lifestyle modification techniques for Lisa Goddard.
3. Propose and justify training methods that meet Lisa Goddard's training needs.
4. Design week 1 and week 6 of a six-week training programme for Lisa Goddard.
5. Justify the fitness training programme that you designed for Lisa Goddard considering the principles of training.

**Submit your answers on a word document, by September 1st
email to:**

dec@cdarwin.com

BRIDGING WORK

UNIT 1: Anatomy and Physiology

- Learn the structure of the following systems
 1. Skeletal
 2. Muscular
 3. Respiratory
 4. Cardiovascular

Produce a labelled poster for each, making sure you include all the content from each slide.

UNIT 2: Fitness and Programming

- Read the case study and lifestyle details for Lisa Goddard and then answer the 5 questions in as much detail as you can.