

BTEC Sport



This course will cover 4 units

- 2 of these units will be exams
- 2 will be course work

The course will be over 2 years.

You will be graded with a: Pass, merit, distinction or distinction*

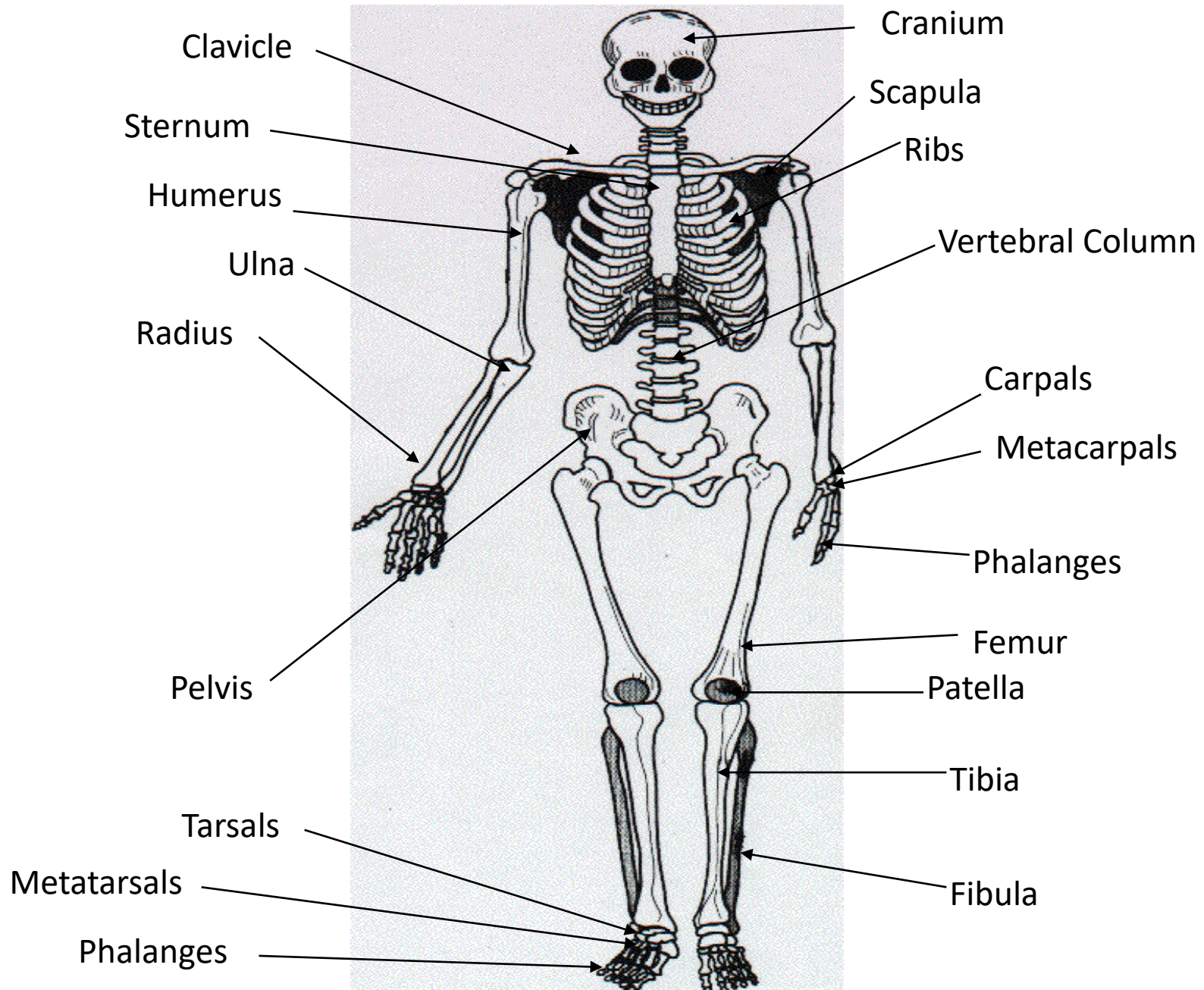
Principles of Anatomy and Physiology in sport



- Exam – 1 hour 30 mins
- Skeletal System (joints, bones, functions of the skeleton, how exercise can benefit the skeleton)
- Muscular System (muscles, types of muscles, how exercise benefits the muscular)
- Respiratory System (the function, the benefits of exercises on the system, factors affecting the system)
- Cardiovascular System (key components, benefits of a healthy cardio system, how exercise benefits the system)
- Energy Systems (key components, what each component does in relation to physical activity).

Task:

- 1) Label the skeleton work sheet.
- 2) Label the muscles work sheet



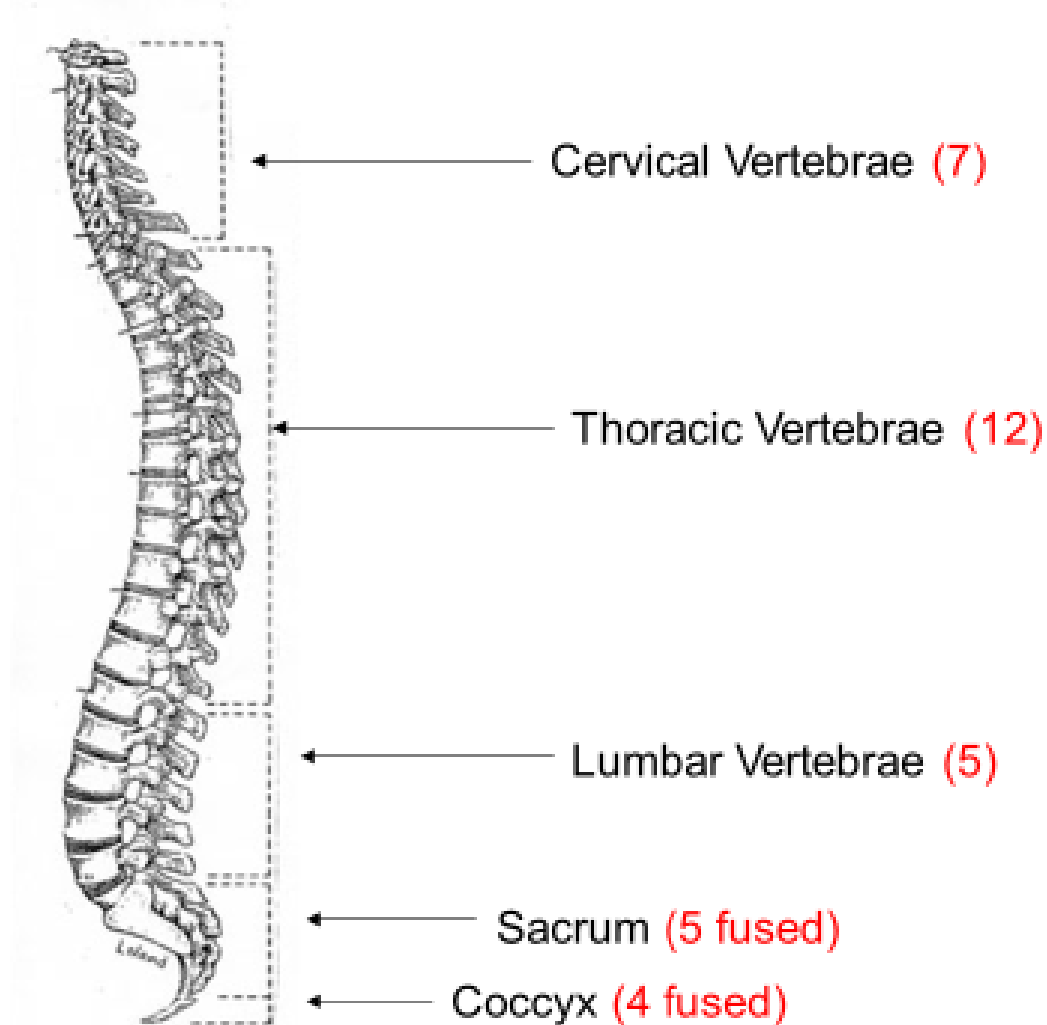
Vertebral Column

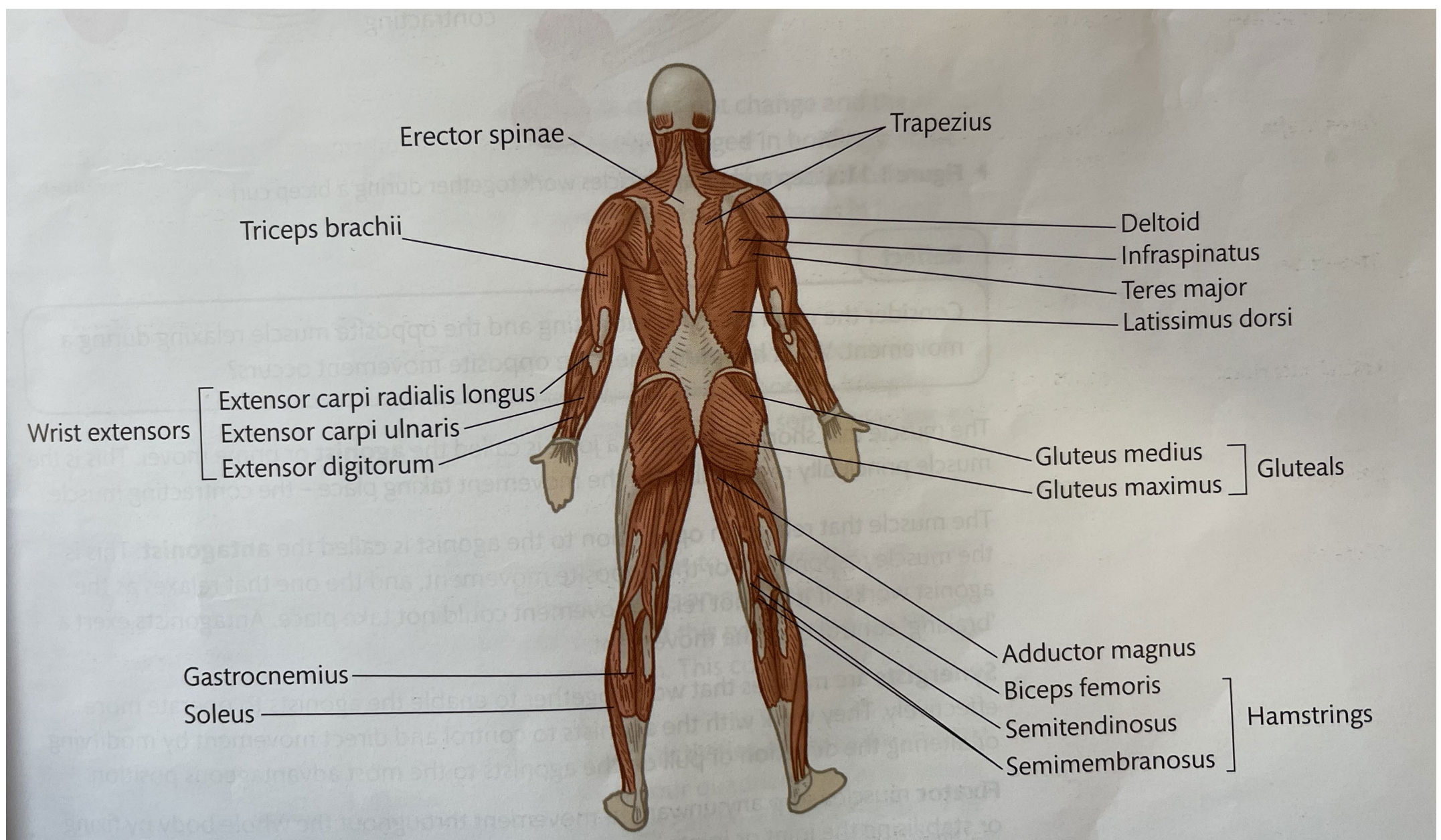
What is in between the vertebrae?

Intervertebral disc

How many vertebrae?

Which ones are fused?





Erector spinae

Trapezius

Triceps brachii

Deltoid

Infraspinatus

Teres major

Latissimus dorsi

Wrist extensors

Extensor carpi radialis longus

Extensor carpi ulnaris

Extensor digitorum

Gluteus medius

Gluteus maximus

Gluteals

Gastrocnemius

Soleus

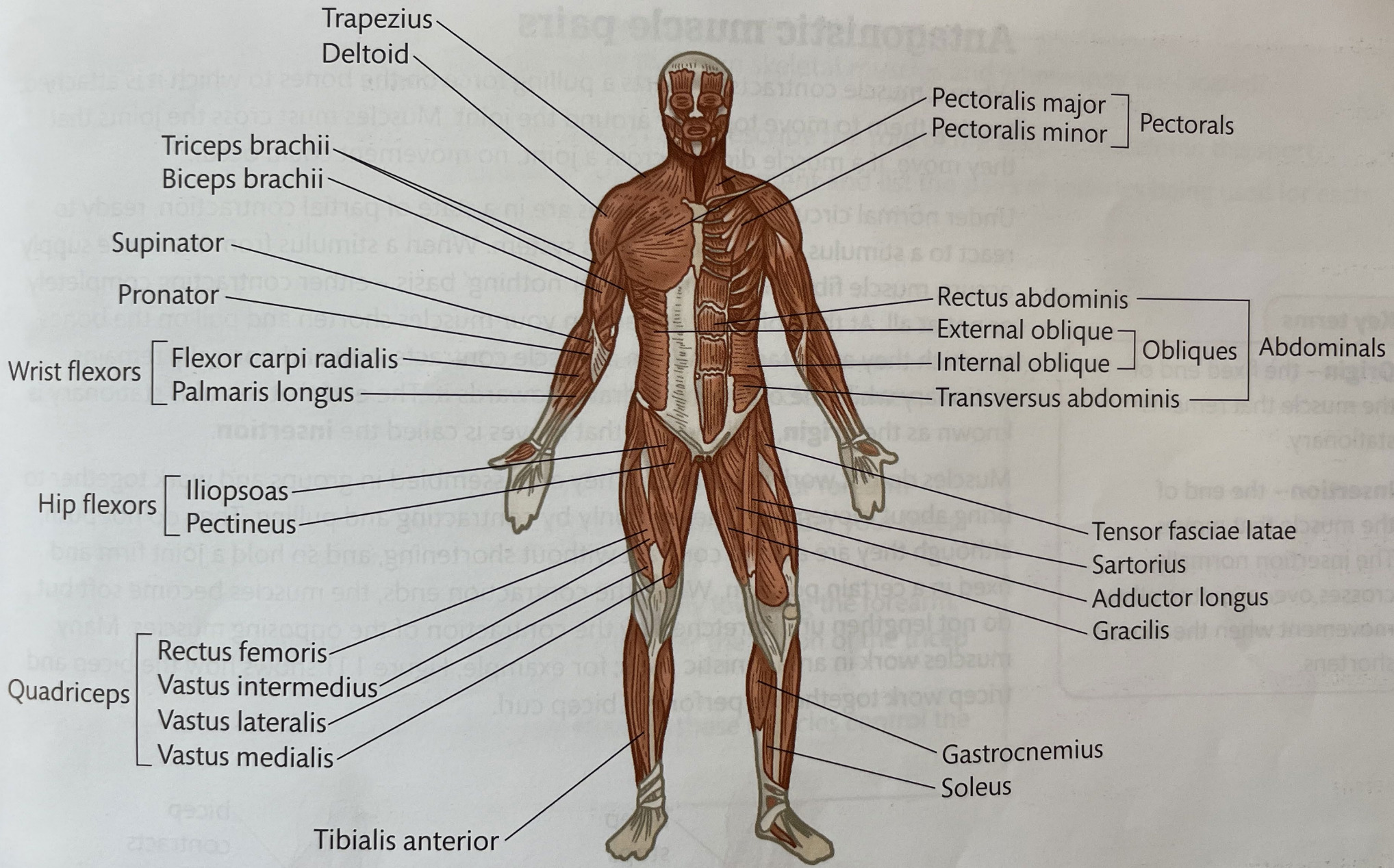
Adductor magnus

Biceps femoris

Semitendinosus

Semimembranosus

Hamstrings



Fitness training and programming for health and well-being

- Task based exam – You will be given an scenario and required to answer questions using the content we have studied.
- The effects of lifestyle choices on an individual's health and well-being.
- Fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals.
- Interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests.
- Evaluate how an individual's health and well-being could be improve using a fitness training programme.

The City
Shire

Home telephone: 03456 348964

Mobile telephone: 07347 768000

Email: bishopt@email.com

Age: 48

Please answer the following questions.

Occupation

1. What is your occupation?

Lorry driver

2. How many hours do you work each day?

Approx. 10 hours

3. How far do you live from your occupation?

1 mile

4. How do you travel to your occupation?

Car

5. How active would you say your occupation was?

Not very 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 4: Your lifestyle

Please answer the following questions.

1. How many units of alcohol do you drink in a typical week? **3**

2. Do you smoke? **Yes** If yes, how many cigarettes a day? **10**

3. Do you experience stress on a daily basis? **Yes**

If yes, what causes you stress (if you know)?

Driving conditions and meeting deadlines of arrival

4. On average, how many hours of sleep do you get per night? **5**

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	165/95 mmHg
Resting heart rate	86 bpm
Body mass index	39
Waist-to-hip ratio	1.16

Task:

- Looking at the previous information, what are the positives and negatives of their lifestyle?
- What would you suggest they change for the better?
- Research the NHS guidance for the average intake of alcohol, smoking, and health tests.

Professional development in sports industry

- Coursework – A written assignment
- Career and job opportunities in the sports industry.
- Sports career development action plan.
- Processes that can lead to a successful job in the sports industry.
- offer in a selected career pathway.
- The recruitment and selection process and your individual performance.



Sports leadership



- Coursework – a written assessment.
- The roles, qualities and characteristics of an effective sports leader.
- The importance of psychological factors and their link with effective leadership.
- Effective leadership style when leading a team during sport and exercise activities.
- You will plan a lesson and teach it to a year 7 group.

Task:

Imagine you are year 4 pe teacher:

Create a pe lesson of your choice, which allows students to improve in a certain skill.

- Think about
 - What drills will help them learn?
 - What equipment will you need?
 - How long will each drill need to be?

For success in the BTEC sport

You must be able to:

- Work independently
- Produce your own independent work to a high written standard
- Research information and select important key information.
- Be organised, determined, reflect on feedback.
- Complete and submit work by deadlines.
- Prepared to work in your own time away from the structured lessons.

