



The Thomas Hardy School

Summer Preparation Task

Sport BTEC Extended Certificate

Purpose of tasks:

Practical: To gain experience of analysing sporting performances with the focus on constructive criticism.

Theory: A series of writing activities to apply theoretical content to practical sporting examples.

Tasks:

- *Unit 1 | Anatomy and Physiology* - 1 side of A4 (font size 11) written on 'The anatomical and physiological differences between Mo Farah and Usain Bolt'. Refer to it least 3 of the following sections; Skeletal system, Muscular system, Movement Analysis, Respiratory system, Cardiovascular system, Energy systems. Describe how their training methods would reflect their specific requirements.
- *Unit 7 | Practical Sports Performance* - 5 hours of volunteering within a sporting work place (eg coaching, physio, nutrition, teaching) dependant of current restrictions.
- *Unit 2 | Fitness Training and Programming for Health, Sport and Well-being* - 1 side of A4 (font size 11) written about Government recommendations/guidelines for Physical Activity, Alcohol and Healthy Eating for youth, adult and elderly. Benefits of physical activity (Physical, Chronic disease, Psychological, Social and Economic) and a Balanced Diet (Eat Well Plate, fluids, etc).
- *Unit 3 | Professional Development in the Sports Industry* - 1 side of A4 (font size 11) written about your sporting aspirations, achievements and potential pathways into a career in sport.

Recommended resources:

Local sports clubs.

Local leisure centres

Summer sports camps.

Online research.

Exercise physiology literature.

GCSE Revision Guide.

BBC Bitesize |

<https://www.bbc.co.uk/bitesize/exams/pecs/ztrcg82>

Sporting Body or National Governing Body Website. For example, the English Football Association www.the-fa.com

Additional information:

Required Stationery and Equipment for BTEC Extended Certificate in Sport

Folders/lined paper. Writing equipment such as pens, pencils, rulers, glue stick, scissors, etc.

Essential Resources

BTEC Sport Revision Guide or Text Book. Available for purchase from PE Department at the start of the course.

Recommended Extra Curricular Activities:

Involvement within a sporting context both practically and in the role of coach.

Deadline for Task: First lesson in week commencing 13th September 2021