



## Summer Preparation Task

### BTEC Level 3 National Extended Certificate in Sport

**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* - 3 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 2 potential pathways/jobs into a career in sport.

**Recommended resources:**

Local sports clubs.

Local leisure centres.

Summer sports camps.

Online research.

Exercise physiology literature.

GCSE Revision Guide.

PE Review Magazine

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](http://www.the-fa.com)

**Additional information:****Required Stationery and Equipment for BTEC Extended Certificate in Sport**

Popper Wallet folder. Writing equipment such as pens, pencils, highlighters, rulers, glue stick, scissors, etc.

**Essential Resources**

BTEC Sport Unit 1 and 2 Revision Guide or Textbook and Revision Workbook Unit 1 and 2. Available for purchase from Amazon UK.

**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 16<sup>th</sup> September 2024.