



SIXTH FORM BRIDGING WORK & YEAR 11 DISCOVERY



Get Ready for *BTEC NATIONAL IN SPORT*

Subject mind-set and BIG picture thinking & links...

Who is this qualification for?

The Pearson BTEC Level 3 National Extended Diploma in Sport is intended to be an Applied General qualification for post-16 learners wanting to continue their education through applied learning, and who aim to progress to higher education and ultimately to employment, possibly in the sports sector.

What does this qualification cover?

Learners will study mandatory units:

- Unit 1: Anatomy and Physiology
- Unit 2: Fitness Training and Programming for Health, Sport and Well-being
- Unit 3: Professional Development in the Sports Industry
- Unit 4: Sports Leadership
- Unit 7: Practical Sports Performance
- Unit 8: Coaching for Performance
- Unit 9: Research Methods in Sport
- Unit 19: Development and Provision of Sport and Physical Activity
- Unit 22: Investigating Business in the Sport and Active Leisure Industry
- Unit 23: Skill Acquisition in Sport.

Learners will also choose six optional units that have been designed to support progression to the range of sector-related courses in higher education, and to link with relevant occupational areas.

What could this qualification lead to?

Learners who have completed this qualification in two years may progress to further learning at Level 3. The qualification carries UCAS points and is recognised by higher education providers as meeting, or contributing to, admission requirements for many relevant courses.

Learners can progress to higher education on full degree single or combined courses, for example:

- BA (Hons) in Sports Development and Management
- BSc (Hons) in Sports Management
- BSc (Hons) Sports Business Management
- BSc (Hons) Sport and Leisure Management
- BSc (Hons) Sports Science (Outdoor Activities)
- BSc (Hons) in Exercise, Health and Fitness
- BSc (Hons) in Sport and Exercise Psychology.

Learners should always check the entry requirements for degree programmes with the specific higher education providers.

How does the qualification provide employability skills? In the BTEC National units there are opportunities during the teaching and learning phase to give learners practice in developing employability skills. Where employability skills are referred to in this specification, we are generally referring to skills in the following three main categories:

- cognitive and problem-solving skills: use critical thinking, approach non-routine problems applying expert and creative solutions, use systems and technology
- intrapersonal skills: communicating, working collaboratively, negotiating and influencing, self-presentation
- interpersonal skills: self-management, adaptability and resilience, self-monitoring and development.

There are also specific requirements in some units for assessment of these skills where relevant, for example, where learners are required to undertake real or simulated activities.

How does the qualification provide transferable knowledge and skills for higher education?

The transferable skills that universities value include:

- the ability to learn independently
- the ability to research actively and methodically
- being able to give presentations and being active group members.

Please explore the following tasks:

Work to complete

Unit 1: Anatomy and Physiology Exam

Task 1: Understand the structure of the skeletal system – Draw a skeleton and label the following bones.

Understand how the bones of the skeleton are used in sporting techniques and actions.

- Major bones to include 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.
- Type of bone – long, short, flat, sesamoid, irregular.
- Areas of the skeleton to include axial skeleton, appendicular skeleton, spine, curves of the spine, neutral spine alignment, postural deviations (kyphosis, scoliosis).
- Process of bone growth – osteoblasts, osteoclasts, epiphyseal plate.

Task 2: Function of skeletal system – Learn the functions of the skeleton and describe why they are important.

Understand how the functions of the skeleton and bone types are used in sporting actions and exercise.

- Functions of the skeleton when performing sporting techniques and actions:
 - o supporting framework
 - o protection
 - o attachment for skeletal muscle
 - o source of blood cell production
 - o store of minerals
 - o leverage
 - o weight bearing
 - o reduce friction across a joint.

Task 3: Put the bones from task 1 into the categories below and explain how they are important in sport.

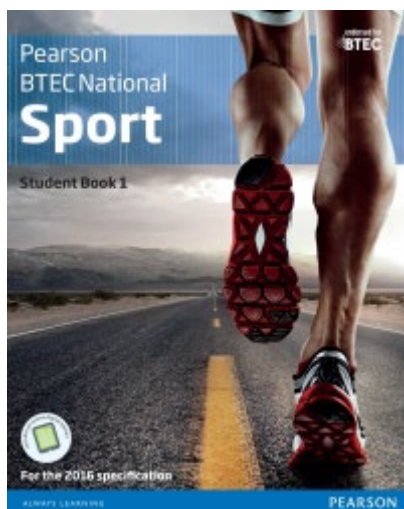
- Main functions of different bone types when performing sporting techniques and actions:
 - o long bones – provides leverage, red blood cell production
 - o short bones – weight bearing
 - o flat bones – protection
 - o sesamoid bones – reduce friction across a joint

Task 4: Understand the different joints of the body and define the different types of movement each joint can produce.

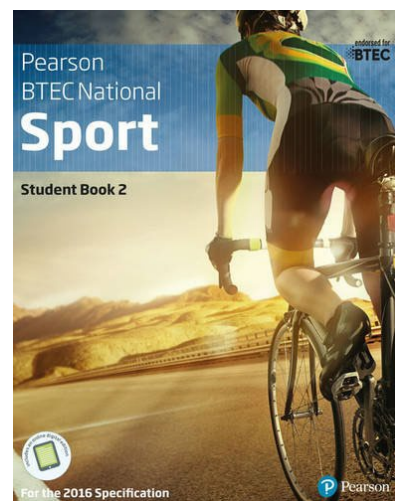
Understand how joints of the upper and lower skeleton are used in sporting techniques and actions.

- Joints of the upper skeleton (shoulder, elbow, wrist, cervical and thoracic vertebrae).
- Joints of the lower skeleton (hip, knee, ankle, lumbar, sacrum, coccygeal vertebrae).
- Classification of joints – fibrous (fixed), cartilaginous (slightly moveable), synovial (freely moveable).
- Types of synovial joints (ball and socket, condyloid, gliding, saddle, hinge, pivot).
- The bones forming the following joints (shoulder, elbow, wrist, hip, knee, ankle, and their use in sporting techniques and actions).
- Structure and function of components of synovial joints and their use in sporting techniques and actions (joint capsule, bursa, articular cartilage, synovial membrane, synovial fluid, ligaments).
- Range of movement at synovial joints due to shape of articulating bones and use in sporting actions (flexion, extension, dorsiflexion, plantarflexion, lateral flexion, horizontal flexion and horizontal extension, hyperextension, abduction, adduction, horizontal abduction and adduction, rotation, circumduction).

Recommended text books



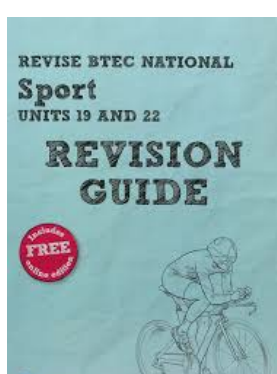
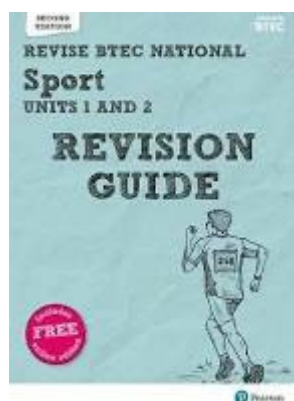
There are two books for this course. There are also revision guides for the examinable units. You can find all of these books on the Pearson BTEC National Level 3 Sport website.



Recommended websites you should be familiar with

<https://www.acsm.org/>
<https://www.bases.org.uk/>
<https://basrat.org/>
<https://www.cimspa.co.uk/>
<https://libguides.bolton.ac.uk/c.php?g=527472&p=3606240>
<https://www.eis2win.co.uk/>
<https://www.lboro.ac.uk/departments/ssehs/>
<https://www.nsca.com/>
<http://www.sportengland.org/>
<https://www.ukcoaching.org/>
<http://www.uksport.gov.uk/>

Recommended books & revision guides



These revision guides are available on the pearsons website.

Teachers contact for questions and more information

Miss Lucy Uncles
Lucy.Uncles@shoreham-academy.org

It is time to look forward and explore the courses you planning to study in the future.

Getting organised: Begin to set up a Learning folder digital or at home for your chosen subjects.

(Shoreham Sixth Form has a way of organising this)

