



SIXTH FORM BRIDGING WORK

Get Ready for *(subject)*



**Getting organised: Make sure you have set up a Learning Folder (see Sixth Form file check for
(Personal Learning Checklists) should be at the front.**

Subject mind-set and BIG picture thinking...

BTEC Sport and Exercise Science

This qualification is primarily designed to support progression to employment after further study at university. However, learners who choose to progress directly to employment, as the transferable knowledge, understanding and skills will be an advantage in applying for a range of entry level roles or 'school leaver' industry training programmes and Higher Apprenticeships, as sport and fitness training, coaching, and sports performance research.

Please complete the following tasks ahead of starting the Sixth Form:

Work to complete

Task 1: Find and label a diagram of the heart including:

- o Atria
- o Ventricles
- o Bicuspid valve
- o Tricuspid valve
- o Semilunar valves
- o Chordae tendineae
- o Septum
- o Coronary arteries
- o Aorta
- o Vena cava
- o Pulmonary artery
- o Pulmonary vein

Task 2: Explain the following terms including what they do and work out the % of it within the composition of blood:

- o Red blood cells (erythrocytes)
- o Plasma
- o White blood cells
- o Platelets

Task 3: Find a diagram of the respiratory system and label the following:

- Nasal cavity.
- Epiglottis.
- Pharynx.
- Larynx.
- Trachea.

- Bronchus.
- Bronchioles.
- Lungs (lobes).
- Alveoli.
- Diaphragm.
- Thoracic cavity.
- Pleura (visceral and parietal).
- Intercostal muscles (external and internal).

Task 4: Find a blank skeleton and label the following:

- o Cranium
- o Clavicle
- o Ribs
- o Sternum
- o Scapula
- o Humerus
- o Radius
- o Ulna
- o Carpals
- o Metacarpals
- o Phalanges
- o Pelvis (ilium, ischium, pubis, iliac crest)
- o Vertebral column (cervical, thoracic, lumbar, sacrum, coccyx, curves of the spine)
- o Femur
- o Patella
- o Tibia
- o Fibula
- o Tarsals
- o Calcaneus
- o Metatarsals
- o Bones that form the axial skeleton
- o Bones that form the appendicular skeleton.

Task 5: Find a blank muscular body and label the following:

- Deltoids (posterior, anterior, medial)
- Medial and lateral shoulder rotators
- Biceps brachii
- Triceps brachii
- Wrist flexors
- Wrist extensors
- Forearm supinators
- Forearm pronators
- Sternocleidomastoid
- Pectoralis major
- Rectus abdominis
- Obliques
- Transverse abdominis (TVA)
- Quadriceps (rectus femoris, vastus medialis, vastus lateralis, vastus intermedius)
- Iliopsoas
- Tibialis anterior
- Erector spinae
- Trapezius

- Rhomboids
- Latissimus dorsi
- Gluteals (gluteus maximus, gluteus medius, gluteus minimus)
- Hamstrings (biceps femoris, semitendinosus, semimembranosus)
- Gastrocnemius
- Soleus.

Recommended text books



BTEC National Level 3 Sport and Exercise Science 4th Edition

Publisher: Hodder Education

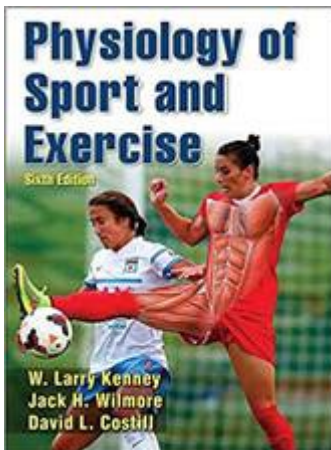
Author: Jennifer Stafford-Brown, Simon Rea, Tim Eldridge

Book

ISBN: 9781471878633

£25.99

<https://www.hoddereducation.co.uk/product/9781471878633.aspx>



Physiology of Sport and Exercise 6th Edition With Web Study Guide

Kenney, W. L., Wilmore, J. H., & Costill, D. L. (2015). Physiology of sport and exercise. Champaign, Illinois: Human

Price £94.99

ISBN-13: 9781450477673

<https://uk.humankinetics.com/products/physiology-of-sport-and-exercise-6th-edition-with-web-study-guide>

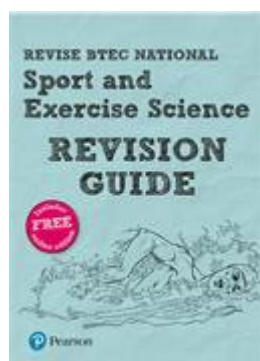
Recommended websites you should be familiar with

<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.nasca.com/>
<http://www.sportengland.org/>
<https://www.ukcoaching.org/>
<http://www.uksport.gov.uk/>

Related magazines

N/A

Recommended books & revision guides (Download the exam board recommended reading list)

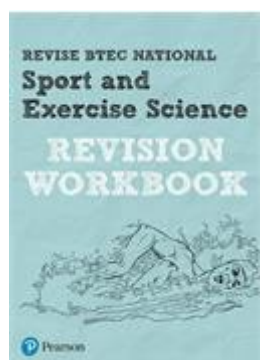


Revise BTEC National Sport and Exercise Science Revision Guide

Price £17.69 + £0.30 UK VAT

ISBN 9781292150444

<https://www.pearsonschoolsandfecolleges.co.uk/FEAndVocational/Sport/BTEC/BTECNationalsSportandExerciseScience/RevisionGuides/BTEC/ReviseBTECNational2016SportandExerciseScienceRevisionGuide.aspx>



Revise BTEC National Sport and Exercise Science Revision Workbook

Price **£17.99**

ISBN **9781292150437**

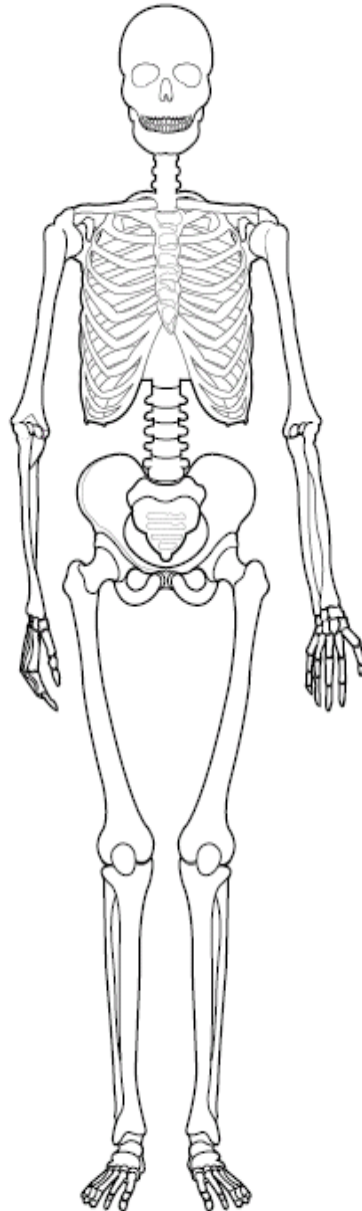
<https://www.pearsonschoolsandfecolleges.co.uk/FEAndVocational/Sport/BTEC/BTECNationalsSportandExerciseScience2016/ISBN9781292150437/BTEC/ReviseBTECNationalSportandExerciseScienceRevisionWorkbook.aspx>

Possible places to visit

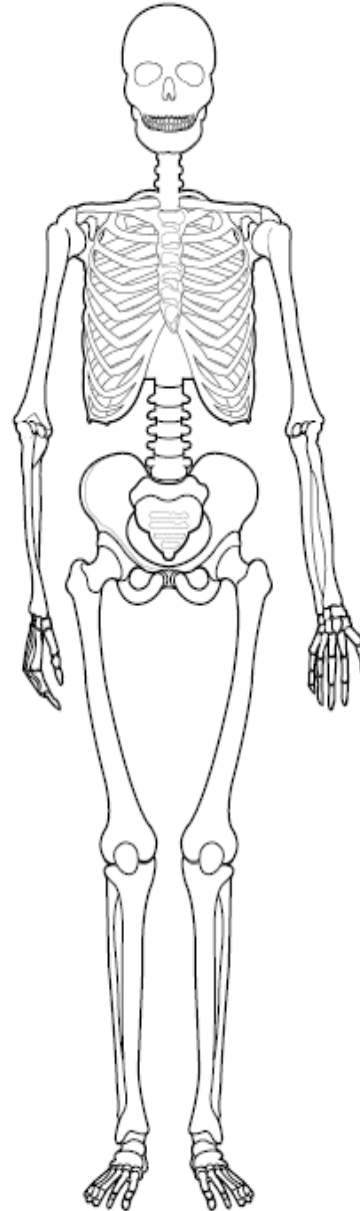
Library, Universities, Sporting Fixture and Complexes.

Areas of the skeleton

AXIAL SKELETON



APPENDICULAR
SKELETON



Types of bone

Using the notes you are about to make you should then be able to colour code your skeleton.

☐ **Long Bones**☐ **Short Bones**☐ **Irregular Bones**☐ **Flat Bones**

* Also Sesamoid bones such as the (knee cap)

