**BTEC Sport**

**Key information and transition materials**

Congratulations on choosing to study BTEC Sport at Fulford School. The course we offer is a Level 3 National Extended Certificate which is the equivalent to one A Level.

Choosing to study BTEC Sport will enable you to study topics which will lay the foundations for a range of university courses and careers within the sports industry. The units we study will not only broaden your academic knowledge in different areas of sport and exercise, but develop key skills that will assist you in all aspects of higher education and the world of work.

You have chosen this option because you enjoyed studying PE at GCSE and hopefully have a drive and passion for sport. Whether you are interested in pursuing a career in the many vocations within the sports industry or have other aspirations, we believe this course in an excellent option to develop you as a person and help you onto the next stage of your education/career.

You will study four different units over the two year course. They differ in content as well as assessment method so there is something to suit everyone’s strengths and areas of expertise.

This guide will provide you with an overview of each unit, the topics within them in addition to the way in which you will be assessed. There will be a task for each unit as well as a reading list. This is not mandatory, but may be useful to help prepare you to start studying BTEC Sport in September.

The textbook we use in school is BTEC National Sport, Student Book 1 from Pearson. Out of all the suggested reading materials this is by far the most useful to prepare you for the course.

I hope you find this guide useful and on the behalf of the PE department, we are looking forward to working with you in September.

If you have any questions please contact me on [wardellw@fulford.york.sch.uk](mailto:wardellw@fulford.york.sch.uk)

Mr W Wardell

Head of PE – Fulford School

**Unit 1: Anatomy and Physiology.**

To understand what happens during sport and exercise, you must know about body systems. This unit explains how the body is made up of a number of different systems, how these systems interact and work together, and why they are important to sports performance.

Over the two years you will:

* be introduced to the structures and functions of the five key systems and the effects that sport and exercise has on them
* investigate the structure and function of the skeletal and muscular systems and their role in causing movement in sport and exercise
* examine the structure an functions of the cardiovascular and respiratory systems
* understand why the heart works as it does and how it works with the lungs to allow sportspeople to cope with the demands of sport
* look at the three different energy systems and the sports in which they are predominantly used

This unit will introduce information that will link to the other units on the course and builds on the knowledge you gained whilst studying the Anatomy and Physiology chapters at GCSE. It also links well with Biology if you have also chosen to study that. Studying this unit will give you the foundations for a career in Sport Science such as a Sports Therapist or Physiotherapy. It is assessed by an externally set exam lasting 1 hour and 30 minutes.

**Transition task:**

**List the changes that your body experiences when you take part in sport and exercise. When you have done this, consider each change and try to identify which body system is being affected (skeletal system, muscular system, respiratory system, cardiovascular system, energy system).**

Further reading and resources:

Books:

* Bartlett, R. (2014) Introduction to Sports Biomechanics, London: Routledge.
* Marieb, E. (2015) Human Anatomy and Physiology, Oxford: Pearson.
* Palastanga, N. (2012) Anatomy and Human Movement; Structure and Function, London: Churchill Livingstone.
* Sharkey, B.J and Gaskill, S.E. (2006) Fitness and Health, Champaign, IL: Human Kinetics
* Tortora, G.J and Derrickson, B.H (2008) Principles of Anatomy and Physiology, London: John Wiley and Sons

Websites:

* [www.humankinetics.com](http://www.humankinetics.com)
* [www.sportsci.org](http://www.sportsci.org)
* [www.topendsports.com](http://www.topendsports.com)

**Unit 2: Fitness Training and Programming for Health, Sport and Well-being.**

In this unit, you will explore the ways of screening clients and assessing their lifestyle and nutritional habits. The ability to screen clients and design fitness training programmes is essential for anyone working in the health and fitness industry, and for sports coaches looking to improve an individuals’ or teams’ performance. This unit builds on the knowledge you gained during the Health and Fitness and Physical Training chapters of GCSE PE.

This unit links to unit 7 (practical sports performance which is studied in Y13) and also helps prepare you for a career in sports science, however more relevant the personal training and nutrition pathways by introducing you to many of the skills needed in the industry.

Unit 2 will be assessed by an externally set exam. You will be assessed in the following topics:

* lifestyle factors and their effect on health and wellbeing
* recommendations to promote health and wellbeing
* screening processes for training programming
* programme-related nutritional needs
* training methods for different components of fitness
* appropriate training activities to meet he needs of a specific client
* principles of training programming

**Transition task:**

**Task 1:**

**List three negative implications (physical and/or mental) of each of the following lifestyle choices/factors:**

* **Leading a sedentary lifestyle**
* **Excessive calorie intake**
* **Excessive caffeine intake**
* **Excessive salt intake**
* **Insufficient fluid intake**
* **Smoking**
* **Excessive alcohol intake**
* **Stress**

**Task 2:**

**Research the impact of excessive alcohol consumption on the lives of former footballers George Best, Tony Adams and Paul Merson (videos available on YouTube). Has the modern footballer’s approach to alcohol changed and, if so, how?**

**Task 3:**

**Design a training plan for a football player coming back from a serious injury or a middle aged former athlete wanting to regain a basic level of fitness.**

Further reading and resources:

* Bean, A. (2013) The complete guide to Sports Nutrition, London: Bloomsbury
* Bean, A. (2015) Which Sports Supplements Really Work, London: Bloomsbury
* Brooks, D. (2004) The Complete Book of Personal Training, Champaign, IL: Human Kinetics
* Coulson, M. (2013) Complete guide to Personal Training, London: Bloomsbury
* Delavier, F. (2013) Strength Training Anatomy, London: Bloomsbury
* [www.eis2win.co.uk](http://www.eis2win.co.uk)
* [www.uksca.org.uk](http://www.uksca.org.uk)
* [www.bases.org.uk](http://www.bases.org.uk)
* [www.nhs.uk/livewell](http://www.nhs.uk/livewell)

**Unit 3: Professional Development in the Sports Industry**

The sports industry is large and diverse, and includes a multitude of employment opportunities in different sectors, ranging from sports science and nutrition to education and coaching. To have a successful career in sport, you will need to understand all the different opportunities available in the sports market and the different development steps you will need to follow to reach your chosen goal. When you have finished this unit you will have a much better understanding of what the sports industry is and the job opportunities that exist within it.

You will internally assessed in this unit, including essays, a presentation, an assessed interview and by you leading a PE lesson or coaching session. This unit will develop employability skills such as communication, presentation and organisation skills, in addition to instruction of how to apply for a job and what to expect on the day of an interview. It will also require you to conduct extensive research into two specific careers and assess your own skills against the demands of these careers. This unit will prepare you for any career in the sports industry and beyond and links to the socio-cultural/commercialisation chapters at GCSE.

**Transition Task:**

**Choose a career from the following list:**

* **PE Teacher**
* **Sports Coach**
* **Physiotherapist**
* **Sports Psychologist**
* **Nutritionist**
* **Sports Journalist**
* **Another sports career of your choice (please check with Mr Wardell via email)**

**Undertake a research project into on your chosen career and create case study that contains the following information:**

* **Number of jobs nationally (in chosen career)**
* **Number of jobs locally (Yorkshire and Humber region)**
* **Examples of local and national employers in chosen career**
* **Qualifications needed to access career (GCSEs, A levels, Degree, further education/training)**
* **Skills and qualities needed to be successful in chosen career**
* **Opportunities for promotion or specialism in chosen career – what do you need to do to progress up the ladder**

**This can be presented as a word document, poster, mind map, or PowerPoint. This research will be really valuable when completing the coursework for this unit.**

Further research and resources:

Books:

* Hong, C.S. and Harrison, D. (2011) Tools for Continuing Professional Development, London: Quay Books.
* Masters, J. (2011) Working in Sport, 3rd edition, London: How to Books.
* Wells et al. (2010) A Career in Sports: Advice from Sports Business Leaders, Ohio, USA: Wells Books.

Websites:

* [www.careers-in-sport.co.uk](http://www.careers-in-sport.co.uk)
* [www.nationalcareerservice.direct.gov.uk](http://www.nationalcareerservice.direct.gov.uk)
* [www.uksport.gov.uk/jobs-in-sport](http://www.uksport.gov.uk/jobs-in-sport)

**Unit 7 – Practical Sports Performance**

Sports performers can be at many different levels, from early beginners to elite level athletes. All of them, however, will need to build the same understanding of the skills, techniques and tactics of their sport. The better your understanding of these factors, the more effective your sports performance will be.

This unit will give you the opportunity to improve your own knowledge and practical ability in a selection of individual and team sports, introducing the skills, techniques and tactics as well as reflecting on your own performance. Effective reflection will allow you to identify how to improve and develop as a performer – a vital skill that will guide your development in the sport.

You will be internally assessed in this unit through a mix of practical assessments and written coursework. This will include activities such as:

* summarising how participants comply with rules/laws of team and individual sports
* reviewing skills, techniques and tactics required to perform effectively in different sports
* completing a practical assessment of your ability to apply the skills, techniques and tactics in conditioned and competitive situations in both individual and team sports
* reviewing and reflecting on your own performance in an individual and team sport

This unit will prepare you for a career as an athlete, or a position where you work to develop athletes and performers, such as coaching or PE teaching. This unit builds on the skills and knowledge you will have developed during the NEA element of GCSE PE.

**Transition Task:**

**Research the official rules/laws of a team and individual sport of your choice. These should come from the official governing body. Present these in a table on a word document. Are there different rules for different competitions? If so, what are the differences?**

Further reading and resources:

* Cassidy, T., Jones, R. and Potrac, P. (2008) Understanding Sports Coaching: The Social, Cultural and Pedagogical Foundations of Coaching Practice, Abingdon: Taylor and Francis Ltd.
* Crisfield, P. (2001) Analysing Your Coaching, Leeds: Coachwise.
* Miles, A. (2004) Coaching Practice, Leeds: Coachwise.
* Robinson, P. (2014) Foundations of Sports Coaching, Abingdon: Taylor and Francis Ltd.