






SPORT

<p>EXPECTATIONS</p>	<p>➤ Remind yourself of the subject expectations and the syllabus by watching the Subject Video on the school website: https://sixthform.fulford.york.sch.uk/curriculum-offer/</p>
<p>PURCHASE</p> 	<p>There is no need to purchase any resources before the course starts, however useful resources include:</p> <p>BTEC National SPORT Student Book 1 – ISBN 9781292134000 Pearson REVISE BTEC National Sport Units 1 & 2 Revision Guide – ISBN 978-1292230535</p>
<p>REVIEW</p> 	<p>BTEC Sport introduces many new ideas and concepts around the world of sport, however links well to the anatomy and physiology, physical training and health and fitness topics at GCSE, in addition to GCSE biology. A key skill that will be essential in the first term is the ability to research online, to find relevant information from reliable sources. The transition task for Unit 3 will help with the preparation for this.</p>
<p>READ</p> 	<p>Keep up to date with current events in the world of sport, using social media platforms in addition to the Sky Sports and BBC Sport Apps. For more information on each unit, the exam board recommends the following further reading:</p> <ul style="list-style-type: none"> • Marieb, E. (2015) Human Anatomy and Physiology, Oxford: Pearson. • Bean, A. (2013) The complete guide to Sports Nutrition, London: Bloomsbury • Brooks, D. (2004) The Complete Book of Personal Training, Champaign, IL: Human Kinetics • Masters, J. (2011) Working in Sport, 3rd edition, London: How to Books. • Robinson, P. (2014) Foundations of Sports Coaching, Abingdon: Taylor and Francis Ltd.
<p>WATCH/LISTEN</p> 	<p>https://www.youtube.com/watch?v=7b7BiUguwsk</p> <p>https://www.youtube.com/watch?v=qZ91CP7k7X0</p> <p>https://www.youtube.com/watch?v=v8vPugRUAII</p>
<p>COMPLETE</p> 	<p>Unit 1: Anatomy and Physiology: 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).</p> <p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being 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</p>

Stress

Task 2:

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

Unit 3: Professional Development in the Sports Industry

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.

Unit 7: Practical Sports Performance

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?