



**GEORGE ABBOT SCHOOL**  
GUILDFORD SURREY

# **BTEC Sport Level 3 – Foundation Diploma. Summer Tasks Booklet**

## BTEC SPORT foundation diploma - Summer Tasks Booklet

### Introduction

Year 12 will be a hugely important year. You will encounter unfamiliar situations; take on roles you may not have considered previously, and tackle work that is more advanced and demanding. The P.E. staff will provide you with many opportunities to develop your skills, self-confidence and provide you with ample chances to take responsibility for your learning. It will provide you with many academic skills, one of which is teaching you how to become a confident independent learner.

Independent study skills have become increasingly important as BTEC and other Level 3 qualifications have changed. You will not achieve your potential if you do not put in the work outside of lessons. Assessment frequently asks you to apply your subject knowledge to unfamiliar contexts and it is difficult, if not impossible, to do this if you have not taken the time to extend your understanding independently.

The purpose of completing the tasks in this booklet are:

- It will give you a great insight into some of the units that will be covered in yr12 BTEC Sport.
- You will have secured knowledge to enable you to make a fast start to Year 12.
- You will be able to answer questions and be able to confidently engage with fellow students and teachers in your opening lessons in Yr 12.
- You will feel more confident about your ability to study and cope with demands of the subject.

Experience tells us that the students who achieve their potential and who gain the highest marks are those who take the greatest responsibility for their own progress. This independence of approach to study is an area you should strive to improve, building on strategies you have started to develop for GCSE. At KS5 there is greater expectation that you develop independent skills and knowledge to underpin those learnt in class. The quality of your transition tasks will be a good indicator of how well you will perform in BTEC sport. Your performance in completing the transition tasks set in this booklet will be the basis of your first monitoring report.

The key assumption that has been made when writing this booklet is that having chosen to study BTEC Sport you have an enthusiasm, enjoyment and passion for the subject. Alongside the compulsory tasks we have included recommended books, podcasts and documentaries that I encourage you to look at.

Wherever your chosen career path will lead, your time in 6<sup>th</sup> form will be an extremely important step towards achieving your goals. Please don't waste this opportunity to lay the building blocks to a successful future.

Work hard, focus on your studies, go the extra mile and enjoy yourself.

Gabbot PE dept

## A summary overview of the course

### **Yr12 Units of study**

#### **Unit 1- Anatomy and Physiology**

Skeletal system  
Muscular system  
Respiratory system  
Cardiovascular system  
Energy systems

This is assessed through 1.5 hour written exam with 80 marks in **SUMMER 2023** (resit available JAN '24)

#### **Unit 2- Fitness Training and programming for Health, Sport and Well Being**

Lifestyle factors – Diet, Smoking, Alcohol, Stress, lack of exercise  
Screening processes for fitness training  
Methods of training for different components of fitness  
Training programme design

Case Study- This is assessed through 2 hour written exam. You have 8 hours prior to view info and can take in 4 sides of notes into exam. Part B of exam to be given out on day! **SUMMER 2023** (resit available JAN '24)

#### **Unit 3- Professional Development in the Sports Industry**

Career and job opportunities in the sports industry  
Skills audit to inform a career development action plan  
Recruitment activity

Assignment based unit, internally marked and externally moderated.

### **Yr13 Units of study**

#### **Unit 4- Sports Leadership (coaching)**

#### **Unit 5- Fitness Testing (Testing and running fitness tests)**

#### **Unit 6- Sports Psychology (Understanding how psychology affects performance)**

#### **Unit 8- Coaching for performance (Demonstrate effective coaching plans and sessions)**

All assignment based units, internally marked and externally moderated.

Each unit carries a weighting with examined units (1 and 2) worth more. Your overall grade will be calculated by the amount of pass, merit and distinctions you achieve across the seven units.

Download the specification below for further information:

<https://qualifications.pearson.com/content/dam/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-l3-national-foundation-dip-in-sport-spec.pdf>

### **Tasks to be completed for your first lesson in September 2023**

It is expected that you will need to research using some of the suggested resources in this booklet to ensure these tasks are completed to a high standard. You need to hand in all of these tasks at the start of your first lesson.

The tasks have been split to reflect the six areas you will cover during your first year. These are:

- **Anatomy and Physiology**
- **Fitness Training and programming for Health, Sport and Well Being**
- **Professional Development in the Sports Industry**

#### **Task I - Anatomy and physiology**



Using your knowledge from GCSE analyse the figure above in regards to the following:

Type of Joint	
Movement	
Agonist	
Antagonist	
Plane of movement	
Type of muscle contraction (You will need to research this)	

**Exam questions – You are expected to research the answers to the following questions before attempting.**

1. Explain how blood is redistributed to the working muscles.

(3 marks)

2. Explain how oxygen diffuses from the lungs into the blood and how it is transported to the tissues.

(4 marks)

3. Describe the characteristics of the main muscle fibre type used by sprinters.

(4 marks)

4. Name the type of muscle contraction that occurs when kicking a football in a penalty shootout and identify the agonist and antagonist.

(3 marks)

5. Name the bones that make up the knee joint

(3 marks)

6. Describe the flow of blood through the heart

(5 marks)

7. Basketball players need good cardiovascular endurance. State two classes of food that are most suitable for players who require cardiovascular endurance and explain why they are needed in their diet.

(3 marks)

## **Task II – Fitness training and programming**

Fill in the following table with information on the seven key nutrients:

Nutrient	Explanation	Example of food
Carbohydrate		
Protein		
Fats		
Vitamins		
Minerals		
Fibre		
Water		

Use the information to create a daily meal plan for 1. An endurance based athlete and 2. A power based athlete. Provide a short justification for your choices.

### 1. Endurance

	Diet (food, amounts, Kcals)	Justification
Breakfast		
Lunch		
Dinner		

### 2. Power

	Diet (food, amounts, Kcals)	Justification
Breakfast		
Lunch		
Dinner		

### **Task III - Professional Development in the Sports Industry**

Find as many Jobs/Careers in the sports industry as you can under the following headings:

Category	Possible job roles
Sport and Leisure	
Sport science	
Exercise and therapies	
Teaching and Education	
Playwork	
Gaming	

Select one of the above and outline a route into that career (eg, university or training you would need to complete in order to meet the job specification).

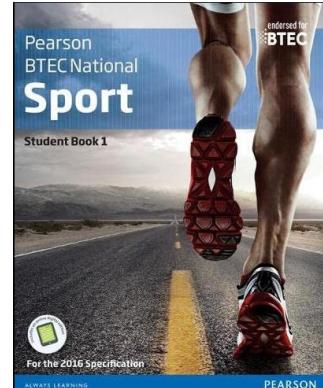
## **Essential reading.**

We strongly recommend that you purchase the following textbooks. They should be readily available online via sites such as Amazon & WHS Smith. **The main text book (number 1) will be available to purchase from the P.E. office in September.**

**1. Pearson BTEC National Sport student book 1**

by Pearson Ed Ltd

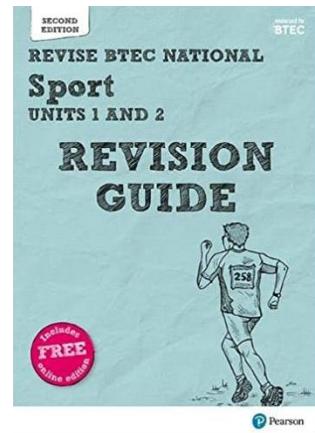
**ISBN: 978-1292134000**



**2. Revise BTEC National Sport Units 1 and 2 – Revision Guide**

By Pearson Ed Ltd

**ISBN: 978-1292230535**



## Student checklist for the first BTEC sport lesson in September 2022

**It is expected that you hand the following tasks in to your teacher at the start of your first lesson.**

Tasks	Complete ✓ or X	Notes/further information
Taster lesson 1		
Taster lesson 2		
Booklet task 1		
2		
3		

### Lesson expectations

1. Make sure you are on time.
2. Have a large A4 file with you for every lesson.
3. Make sure you are equipped with basic stationary.
4. Ensure you have done any requested lesson preparation – most likely reading or Everlearner tasks.
5. Meet all deadlines without exception.
6. If work does not meet the required standard you will be expected to repeat it.
7. Engage with other students and teachers during lessons.

If you require any help or clarification about BTEC sport before the start of the course please do not hesitate to contact:

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