



## **BTEC Sport** **Pre-Course Assignment**

Congratulations on choosing a fantastic BTEC subject which we are sure you will enjoy and gain enormously from over the next 2 years.

In order for you to make the best possible progress from the kick off in September, we would like you to complete the following work. The following work will require you to research the short and long term effects of exercise on the body.

Create a leaflet on “short and long term effects of exercise”

Your leaflet needs to include the following information:

- Effects on the cardio respiratory system
- Effects on the muscular system
- Effects on the skeletal system



**DO NOT FORGET YOU MUST PURCHASE THE COURSE TEXT BOOK BEFORE YOU START IN SEPTEMBER.**