

BTEC Sport – Preparation for Sixth Form Summer 2023

You must complete every section of the *compulsory* work needed to support your transition into BTEC Sport, it is also highly recommended that you complete the *suggested* preparation work

			Estimated hours	Completed
Compulsory preparation work	GCSE and BTEC revision	<p>Your Y11 knowledge is essential in supporting your transition.</p> <p>In fact, much of your BTEC course in Year 12 is similar to the BTEC Sport or GCSE PE that you have already taken.</p> <p>You must re-read through that work in preparation for sixth form.</p>	1-2	
	Online resources	<p>It is essential that you go through these resources to familiarise yourself with some of the topics we will cover.</p> <p>Unit 1 - Anatomy and physiology https://www.youtube.com/watch?v=ltFutvTye8c</p> <p>Unit 2 – Fitness Training and programming for health, sport and well being https://www.youtube.com/watch?v=6-wf8jnpMYE</p> <p>Unit 3 - Professional Development in the Sports Industry https://prezi.com/naf0l0lqy8e6/unit-3-professional-development-in-the-sport-industry/</p>	1	
	Key words & terminology	<p>You will need to learn the following key words and terminology to give yourself a strong head start.</p> <p>Get your parents / siblings to test you http://www.beebusinessbee.co.uk/index.php/btec-first-business/212-btec-command-words</p>	1	

<p>Specific subject task</p>	<p>Purchase a textbook using the following link and read through the chapters on the Units below.</p> <p>https://www.amazon.co.uk/BTEC-Nationals-Sport-Student-Activebook/dp/1292134003</p> <p><u>Unit 1 - Anatomy and Physiology</u></p> <ul style="list-style-type: none"> A. The effects of exercise and sports performance on the skeletal system B. The effects of exercise and sports performance on the muscular system C. The effects of exercise and sports performance on the respiratory system D. The effects of sport and exercise performance on the cardiovascular system E. The effects of exercise and sports performance on the energy systems <p><u>Unit 2 – Fitness Training and programming for health, sport and well being</u></p> <ul style="list-style-type: none"> A. Examine lifestyle factors and their effect on health and well-being B. Understand the screening processes for training C. Understand programme-related nutritional needs D. Examine training methods for different components of fitness E. Understand training programme design <p><u>Unit 3 - Professional Development in the Sports Industry</u></p> <ul style="list-style-type: none"> A. Understand the career and job opportunities in the sports industry B. Explore own skills using a skills audit to inform a career development action plan C. Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway D. Reflect on the recruitment and selection process and your individual performance. E. You will undertake a work experience in a sport setting during the course. Start having a think about where you would like to do this and if you have any contacts that already work in the sports industry. These could include PE Teachers, Gym workers, Personal Trainers and Sports Coaches. Email or speak to them about the possibility of a undertaking a work experience as a part of your BTEC Sport course. 	<p>2-6</p>	
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Suggested	Suggested reading	https://www.amazon.co.uk/BTEC-Nationals-Sport-Student-Activebook/dp/1292134003 <p>We strongly advise that you buy this textbook that contains all 4 Units of work.</p>		
	Ted Talk / documentary	https://www.youtube.com/watch?v=zotC2FEk_fY <p>Here is a useful video on top tips to be successful whilst studying BTEC courses.</p>		

