

BTEC Sport – Preparation for sixth form

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	Evidence
Compulsory preparation work	GCSE and BTEC revision	Your Y11 knowledge is essential in supporting your transition. In fact much of your BTEC course in Year 12 is similar to the BTEC Sport or GCSE PE that you have already taken. You must re read through that work in preparation for sixth form.	1-2		
	Online resources	It is essential that you download these resources and print if possible / if not read through them. Unit 1 - Anatomy and physiology https://www.youtube.com/watch?v=ltFutvTye8c Unit 2 – Fitness Training and programming for health, sport and well being https://www.youtube.com/watch?v=6-wf8jnpMYE Unit 3 - Professional Development in the Sports Industry https://prezi.com/naf0l0lqy8e6/unit-3-professional-development-in-the-sport-industry/ Unit 6 - Sport Psychology https://prezi.com/wvq--ny6ragq/btec-sport-level-3-unit-6-sport-psychology/	2		
	Key words / terminology	You will need to learn the following key words and terminology to give yourself a strong head start. Get your parents / siblings to test you http://www.beebusinessbee.co.uk/index.php/btec-first-business/212-btec-command-words	1		
	Specific subject task	Unit 1 Anatomy and physiology In this unit you will: 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 Unit 2 – Fitness Training and programming for health, sport and well being A. Examine lifestyle factors and their effect on health and well-being B. Understand the screening processes for training	2-6		

		<p>programming</p> <p>C. Understand programme-related nutritional needs</p> <p>D. Examine training methods for different components of fitness</p> <p>E. Understand training programme design</p> <p>Unit 3 - Professional Development in the Sports Industry</p> <p>In this unit you will:</p> <p>Understand the career and job opportunities in the sports industry</p> <p>A. Explore own skills using a skills audit to inform a career development action plan</p> <p>B. Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p> <p>C. Reflect on the recruitment and selection process and your individual performance.</p> <p>D. 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> <p>Unit 6 - Sport Psychology</p> <p>In this unit you will:</p> <p>A. Understand how personality, motivation and competitive pressure can affect sport performance</p> <p>B. Examine the impact of group dynamics in team sports and its effect on performance</p> <p>C. Explore psychological skills training programmes designed to improve performance.</p> <p>Read and watch the following article / video to get up to speed on these topics. These are just an introduction to the topics we will be studying</p>			
Suggested	Suggested reading	Head start books – Kindle free edition. There is a lot of overlap between A level PE and BTEC Sport and these are free to download			
	Ted Talk / documentary	Listen to this Ted talk and take notes. What have you learned? Do you agree with the main points?			

videos to watch / pod casts to listen to

<https://prezi.com/uxlvscp8udyc/effects-of-personality-and-motivation-on-sports-performance/>
<https://www.youtube.com/watch?v=oVlp6v6ohP4>



Group and Team Dynamics
A-level PE
www.youtube.com

owa-link-preview-start

owa-link-preview-end