



UXBRIDGE  
HIGH SCHOOL



# Sixth Form Transition Pack

**BTEC Sport (Level 3)**

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# COURSE INTRODUCTION

*BTEC Sport provides an introduction to the sports sector for learners looking to build a career in sport. This can include careers in exercise and fitness, coaching and leadership, sports development and management and sports education.*

The BTEC Sport Foundation Diploma is structured to allow learners maximum flexibility in selecting optional units, so that particular interests and career aspirations within the sport and active leisure sector can be reflected in the choice of unit combinations.

## Essential summer reading

- BTEC National Sport, Student Book 1 (Pearson, 2016)
- BTEC Sport Level 3, Revision Guides (Pearson, 2017)
- Exercise Physiology And Functional Anatomy (Feltham Press, 1995)
- Mechanics And Sport Performance (Feltham Press, 1998)
- Sports rule books and coaching guides
- Sports Biographies / Autobiographies

## Essential summer viewing/listening

- Skeletal system <https://www.youtube.com/watch?v=rDGqkMHPDqE>
- Muscular system <https://www.youtube.com/watch?v=Ktv-CaOt6UQ>
- Respiratory System <https://www.youtube.com/watch?v=bHZsvBdUC2I>
- Cardiovascular System [https://www.youtube.com/watch?v=\\_lgd03h3te8](https://www.youtube.com/watch?v=_lgd03h3te8)
- Energy System [https://www.youtube.com/watch?v=00jbG\\_cfGuQ](https://www.youtube.com/watch?v=00jbG_cfGuQ)

### Foundation Diploma 540 GLH

Same size as 1.5 A levels  
Applied General

**Total units: 7**  
4 Mandatory Units  
PLUS 3 Optional Units\*

**Purpose:** This qualification is designed as a one year, full-time course covering supporting progression to:

- Higher education
- Employment
- An apprenticeship

Unit (number and title)	Unit size (GLH)	Certificate (180 GLH)	Extended Certificate (360 GLH)	Foundation Diploma (540 GLH)
1 Anatomy and Physiology	120	M	M	M
2 Fitness Training and Programming for Health, Sport and Well-being	120		M	M
3 Professional Development in the Sports Industry	60		M	M
4 Sports Leadership	60		O	M
5 Application of Fitness Testing	60		O	O
6 Sports Psychology	60		O	O
7 Practical Sports Performance	60	M	O	O
8 Coaching for Performance	60			O
9 Research Methods in Sport	60			O
10 Sports Event Organisation	60			O
11 Research Project in Sport	60			O

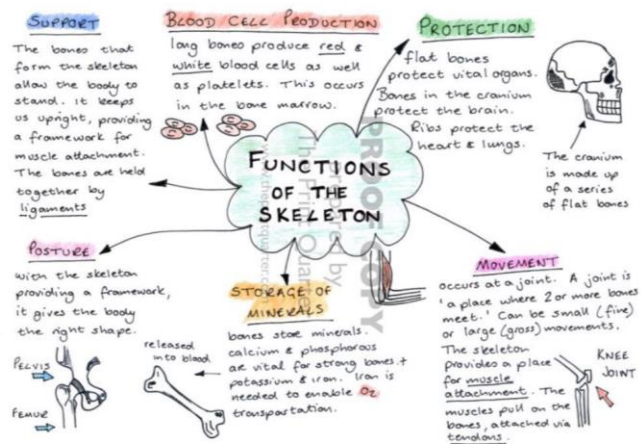
## Tasks to be completed

### TASK 1

Create a detailed mind-map on the structure and function of two of the following body systems:

- Muscular
- Skeletal
- Cardio-Vascular
- Respiratory
- Energy

*Use this example to help...*



### TASK 2

Using the case study about the individual below, answer the questions, ensuring they relate specifically to the individual.

#### Case study

Lisa is a 38 year-old female who works in an office. She sits at a desk from 9 am until 5 pm for five days a week. She drives 10 miles to work each day and takes her children to school on the way.

Lisa has spent many years working full time and also looking after her children. This has had a negative impact on her health and wellbeing. Lisa's family have noticed that she often looks very tired and she knows she has gained extra body weight.

Lisa has made an appointment to see an expert to get some lifestyle advice. Lisa has been told to have a full health screening assessment before she receives any guidance.

Lisa would like to improve her health and wellbeing by increasing her energy levels and by losing some of the extra weight she has gained.

1. Write a small report (minimum of three paragraphs) discussing the potential issues with Lisa's lifestyle. Discuss key areas such as stress, sedentary lifestyle, work, rest, sleep balance, physical activity levels, diet and calorie intake.
2. Plan a 1 week training programme which Lisa could use to increase her physical activity levels and lose weight. Make sure this is specific to Lisa based on the Case Study information and the areas you feel Lisa needs to address.

#### Success Criteria (To include and consider):

- The training programme must include 3 days of exercise
- Consider Lisa's weight loss and physical activity level goals
- Factor in rest days
- Take into account her lifestyle and current level of fitness/physical activity
- Include exercises, repetitions, sets, time working, time resting
- Overall duration of the activity/session

#### Useful Weblinks to Support the Building of your Programme:

<https://www.nerdfitness.com/blog/how-to-build-your-own-workout-routine/>

<https://www.wholelifechallenge.com/how-to-design-your-own-workout-program-a-guide-for-beginners/>