



BTEC Sport Level 3 Year 12 Transition Work

The BTEC Sport courses that we offer at HTS are all Sports Science based and explore a wide range of Sports related topics, concepts and scientific theories. There are practical units where we look at sports performance, coaching and fitness development but you are not graded on your sporting ability. You will develop your written report writing, verbal presentation skills and analysis of scientific data as you create a broad portfolio of sport work – that could then be used at university, as a Personal Fitness trainer, Coach, Sports Nutritionist or a whole range of other sports related roles.

BTEC Sport at a glance

BTEC Sport Extended Certificate –

Edexcel – BTEC Sport Level 3 National Extended Certificate in Sport

The programme is split into 4 units of work. 2 x Coursework units and 2 x exam units over the two years -

Unit	Unit Title	Type
Year 12		
1	Anatomy and Physiology	Written Exam set and marked by Pearson. 1.5hours long and 90 marks.
3	Professional Development in the Sports Industry	Internally Assessed portfolio of work
Year 13		
2	Fitness, Training and Programming for Health, Sport and Well-being	A task set and marked by Pearson and completed under supervised conditions. In part A, learners will be provided with a case study two weeks before a supervised assessment period in order to carry out research. In part B, the supervised assessment period is two hours in a period timetabled by Pearson. Written submission. 60 marks.
7	Practical Sports Performance	Internally Assessed portfolio of work

BTEC Sport Extended Diploma -

Edexcel – BTEC Sport Level 3 National Extended Diploma in Sport

The programme is split into 14 units of work. 10 x Coursework units and 4 x exam units over the two years -



Unit	Unit Title	Type
Year 12		
1	Anatomy and Physiology	Written Exam set and marked by Pearson. 1.5hours long and 90 marks.
2	Fitness, Training and Programming for Health, Sport and Well-being	A task set and marked by Pearson and completed under supervised conditions. In part A, learners will be provided with a case study two weeks before a supervised assessment period in order to carry out research. In part B, the supervised assessment period is two hours in a period timetabled by Pearson. Written submission. 60 marks.
22	Investigating Business in Sport and the Leisure Industry	Case Study
3	Professional Development in the Sports Industry	Internally Assessed portfolio of work
4	Sports Leadership	Internally Assessed portfolio of work
7	Practical Sports Performance	Internally Assessed portfolio of work
8	Sports Coaching for Performance	Internally Assessed portfolio of work
9	Research Methods	Internally Assessed portfolio of work
23	Skill Acquisition	Internally Assessed portfolio of work
Year 13		
19	Development and Provision of Sport	Case Study followed by externally set exam
5	Application of Fitness Testing	Internally Assessed portfolio of work
17	Sports Injury Management	Internally Assessed portfolio of work
24	Sports Performance Analysis	Internally Assessed portfolio of work
25	Rules and Regulations in Sport	Internally Assessed portfolio of work

The

purpose of the transition work

This work booklet is full of tasks and questions that will help to show your learning, recall and understanding from your GCSE studies. By completing this work, you will have a refresher and head start on many of the unit content that we will cover in your 6th Form. This will be the first opportunity for you to show us the quality of your written work, understanding and willingness to be an effective independent learner. As much of the BTEC programme is coursework based it will be good to start to put into practice your organisational and time management skills at this early stage!

This work will be marked by your new BTEC teacher so bring it with you on your first lesson in September.

If you have any questions about the work then please email nraynor@holytrinitycrawley.org.uk

Or cdean@holytrinitycrawley.org.uk

Transition tasks:

Task 1 Unit 1 Anatomy and Physiology –

An understanding of Anatomy and Physiology and the body systems will be integral to your BTEC Sport work. All BTEC Sport courses have an external exam that focuses just on this unit area so revision of key information, facts, definitions and links to sport will be vital.

As a starting point to help to refresh and recall content from GCSE PE and Biology complete the following revision quiz table that focuses on all the body systems and their uses in Sporting Performance.

Websites to help you to revise this information –

[BBC Bitesize to explore GCSE content](#)

[Planet PE](#)



[SENECA PE](#)

[Brian Mac Sports](#)

[Quizlet](#)

Quick Fire Anatomy and Physiology Revision Questions –

Musculoskeletal System -

Name 3 x Functions of the Skeletal System?	
What are the 3 x different types of Muscle tissue found in the Human body?	
Marathon Runners would have a higher proportion of what type of Skeletal Muscle Fibres?	
What is Cartilage?	
Name 2 x difference between Ligaments and Tendons?	
What is an Agonist Muscle?	
What is Isometric Muscle Contraction?	
Name the 3 x types of Joint in the body?	
What are the common names for Flexion and Extension?	



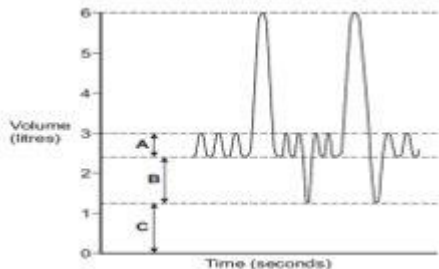
Cardiovascular System -

What are the 2 x different chambers in the heart called?	
What does the Septum do?	
Why is the Left Side of the Heart thicker with Cardiac Muscle?	
What is Blood Pressure?	
What are the differences between Arteries and Veins?	
How do you measure Pulse Rate?	
What are the constituents of Blood?	
What is Cardiac Output and VO2 max?	
How does Vasodilation make the skin go red during exercise?	
Why is Warming Up so important?	

Respiratory System -



What are volumes A and C called on the Spirometer trace?



What is Gaseous Exchange and where does it take place?

How does long term exercise effect the Lungs?

What are the long term adaptations to the Respiratory System?

Energy Systems –

Watch this YouTube Video to help to support your answers to this more complex topic [A Level Energy Systems Support](#)

What is the Resynthesis of ATP?

What are the advantages and disadvantages of the Lactate System?



How many ATP are made by each system?	
How is Energy produced using the Aerobic System?	
What are the long term adoptions to the Energy Systems?	

Application of Knowledge –

Alex is a basketball player. He has undertaken a continuous training programme where he has completed a 45-minute run five times a week. His training has led to an increase in his oxygen and carbon dioxide diffusion rate.

Assess the effect of an increase in oxygen and carbon dioxide diffusion rate on Alex's basketball performance.

6 marks



Task 2 Unit 2 Fitness Programming

Practice Structure for Longer Answer Questions.

Using the exam language to help plan for the one long answer question at the end of the test

Evaluate which Fitness Tests you would use in a Football club draft to explore which players are making the most progress (8 marks)

In an exam "BUG" the question!
B - Box the command word
U - Underline the keyword
G - Glance (look) back at the question regularly as you write.

Level 3 Pass	Level 3 Pass/Merit	Level 3 Distinction
What Fitness components are important to test in a Footballer? Choose 2 and Define. What tests would you use?	Describe how to do the 2x tests. How would they be fair and valid? State what you would expect them to show.	Explain what you expect the tests to show. Justify why these tests would be good for your draft.

What Fitness Components would be used by a Footballer?

Why are the tests important?

Choose 2 x Test and **define / explain** how to do them.

How would they be reliable, valid and practical?

Explain what you expect them to show?

Justify why these tests would be good for your draft?

CONNECTIVES—

Therefore
Whereas
Although
Meanwhile

Because
Furthermore
Finally
Also

However
As well as
Eventually
Alternatively

A03 Sentence STARTERS

This would be relevant
In conclusion
There are many factors and reasons



Complete the table below that explores 5x key fitness tests used to measure the competency of sports performers in these vital fitness areas.

Fitness Test Name	Measured Fitness Component	Test Protocol
Multi-Stage Fitness Test		
Sit and Reach Test		
15m Sprint Test		
Illinois Agility Run		
Vertical Jump Test		
Sit Up Test		

Task 3 Unit 8 Sports Coaching



Go online and read the following Google book sections from famous coaching books –

Pages from John Wooden's Coaching Book - <https://books.google.co.uk/books?id=sD-etTE0uAgC&q=john+wooden&dq=john+wooden&hl=en&sa=X&sqi=2&ved=0ahUKEwieYfnosNAhVMKsAKHQzFDgQO6AEIjAB>

Pages from Nick Bollettieri Tennis Coach Book - <https://books.google.co.uk/books?id=iZXSq0wYBPwC&q=Nick+Bollettieri&dq=Nick+Bollettieri&hl=en&sa=X&ved=0ahUKEwjw1eTBo8NAhWrC8AKHXvTCvUQ6AEILDAD>

Or research a Coach of your choice but be clear here that this is **not about their accomplishments** and what they have won with their teams or players. Instead it is focused on ***who they are as a person, coach and what skills and attributes they have developed that make them successful***

What qualities are needed to make the most effective and successful coaches? (15 marks)

Pass	Describe the qualities, skills and techniques used by effective coaches to help the overall performances of their players / athletes.
Describe means to state the facts, list the pieces of information or select the information that is most relevant	
Merit	Explain the qualities, skills and techniques used by effective coaches to help the overall performances of their players / athletes.
Explain means to give depth to the topic, discuss the points with links to sporting scenarios and the outcomes.	
Distinction	Analyse the qualities, skills and techniques used by effective coaches to help the overall performances of their players / athletes.
Examine the positives and negatives, think about the effects that this is having and what could be done differently	



Holy Trinity School

A Church of England Secondary School

American College of Sports Medicine

www.acsm.org

British Association of Sport and Exercise Sciences

www.bases.org.uk

Human Kinetics

www.humankinetics.com

Sport Science

www.sportsci.org

Sports Coach UK

www.sportscoachuk.org

Top End Sports

www.topendsports.com

Netflix Documentaries to support your learning –

