



Wath Sixth Form Subject Preparation Pack

LEVEL 3 BTEC NATIONALS IN SPORT

World-class learning

World-class learning every lesson, every day

The highest expectations

Everyone can be successful; always expect the highest

No excuses

Create solutions not excuses; make positive thinking a habit

Growth mindset

Believe you can improve; work hard and value feedback

Never give up

Resilience is essential; be relentless in the pursuit of

Everyone is valued

Diversity is celebrated; see the best in everyone

Integrity

Be trustworthy and honest; deliver on promises and walk the talk

- What careers could a Level 3 BTEC Sport qualification lead to?
- What will I study?
- How will I be assessed?
- Recommended resources
- Additional support

What is BTEC Sport?

Level 3 BTEC Nationals in Sport is a vocational route that is offered at Wath Academy. We provide two course options to best suit the learners other interests and subjects.

Pearson BTEC Level 3 National Extended Certificate in Sport: This is the equivalent to 1 A level. Over the two years, 4 units are covered of which 3 are mandatory and 2 are assessed externally. The units cover a broad basis of study across the sporting sector. The units covered within this qualification are:

- Unit 1: Anatomy and Physiology
- Unit 2: Fitness Training and Programming for Health, Sport and Well-being
- Unit 3: Professional Development in the Sports Industry
- Unit 5: Application of Fitness Testing

Pearson BTEC Level 3 National Diploma in Sport: This is the equivalent to 2 A Levels. Over the 2 years, 9 units are covered containing a mixture of formal exams and assessed coursework. The course has been designed as part of a two-year programme, normally in conjunction with one or more qualifications at Level 3. This qualification is aimed at learners looking to progress to higher education in this sector. The units assessed within this qualification are:

Exams

- Unit 1: Anatomy and Physiology
- Unit 2: Fitness Training and Programming for Health, Sport and Well-being
- Unit 22: Investigating Business in Sport and the Active Leisure Industry

Coursework (assessed by Wath, externally moderated by exam board)

- Unit 3: Professional Development in the Sports Industry (assessed internally through coursework)
- Unit 4: Sports Leadership
- Unit 5: Application of Fitness Testing
- Unit 7: Practical Sports Performance
- Unit 8: Sports Coaching
- Unit 23: Skill Acquisition in Sport

*Please note that these units may change year on year

Why should I study BTEC Sport?

BTEC Sport is a vocational course that teaches students the knowledge required to pursue a career in sport. Students will also develop the skills for a range of sport-related pathways from sports coaching to gym management. Students can choose to study sport at university and many more possible routes.

You will develop practical skills in your specialist areas. In addition, you will learn about the other factors that contribute to improving performance. BTEC Sport lessons are enjoyable and productive and delivered by experienced staff in a supportive and nurturing environment. Practical lessons are delivered to teach theoretical concepts and practical skills in a safe environment.

What careers could BTEC Sport lead to?

You may choose to continue your studies at university and work at the cutting edge of elite sport. For example, supporting top athletes as sports scientists, sports psychologists, strength and conditioning coaches, sports

therapists or coaches. Alternatively, you may opt to pursue a career in teaching or working within the health sector. If continuing your studies at university is not the right pathway for you, you may enter the leisure industry and undertake employment or further training. Your BTEC Sport course will prepare you for whatever your chosen next step is and will provide extensive careers guidance to support you.

What will I study?

At Wath Academy we cover the Pearson syllabus which covers a breadth of knowledge split across a number of units, dependent on the qualification size. Below are 4 of the core units that everyone will study on both routes.

Unit 1

Anatomy and Physiology

Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.

This unit is externally marked. It is set and marked by Pearson.

The examination will be one hour and 30 minutes in length.

The number of marks for the examination is 80.

Unit 2

Fitness Training and Programming for Health, Sport and Well-being

Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

This unit will be assessed under supervised conditions. Learners will be given a case study one week before the supervised assessment period to carry out preparatory work. The supervised assessment period is a maximum of 2.5 hours as timetabled by Pearson

Unit 3

Professional Development in the Sports Industry

Learners explore the knowledge and skills required for different career pathways in the sports industry.

Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.

This unit is a coursework based unit that is assessed internally.

Unit 4

Sports Leadership

Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.

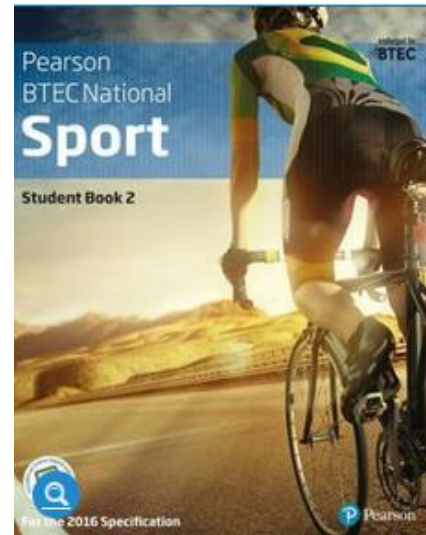
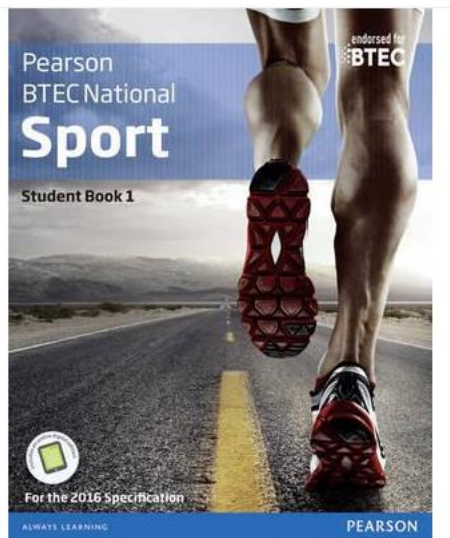
This unit is predominantly coursework based unit that is assessed internally. You will also be assessed on your leadership of a practical lesson.

How will I be assessed?

Both pathways at Level 3 are assessed on a unit by unit basis. Each unit is graded as Pass, Merit, Distinction or Unclassified. The assessment of each unit ranges from external exams, practical participation, assignments, interviews, leading sporting activities and much more.

Recommended resources

BTEC Nationals Sport Student Book 1 and book 2 + Activebook For the 2016 Specifications - BTEC Nationals Sport 2016 Adam Gledhill (author)



These textbooks are a great resource to supplement the learning that takes place within the classroom. Book 1 and Book 2 cover the units delivered on both BTEC pathways.

Some useful websites as well:

Pearson Website:

[https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments.](https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments)

This website contains the specifications, sample assessment materials and additional resources needed for the course.

Additional resources

The following resources may or may not link directly to the specification but are useful in developing your wider understanding of key theories and concepts.

Netflix

- The English Game
- Lance Armstrong Documentary
- ICARUS
- All of Nothing: Manchester City 2018

Films/ TV

- The Office
- Remember the Titans
- Coach Carter
- KES

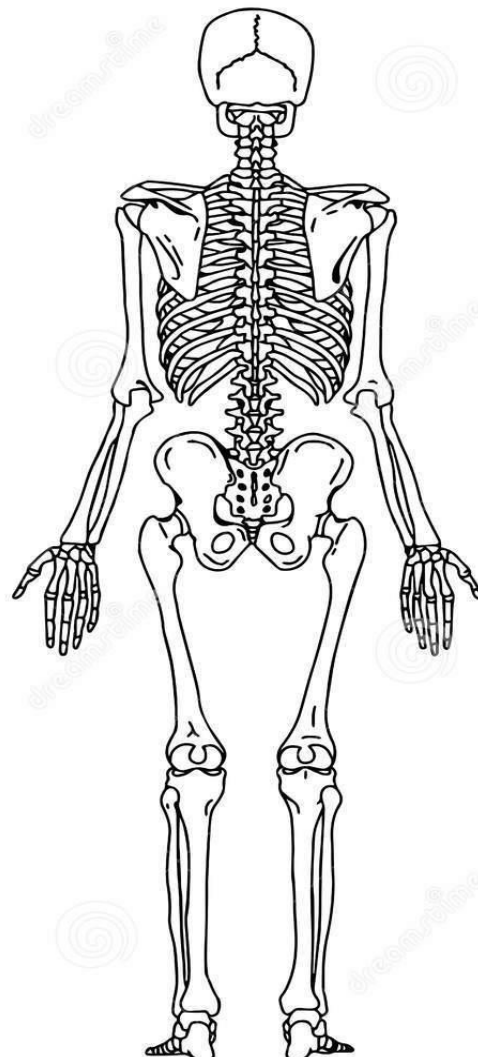
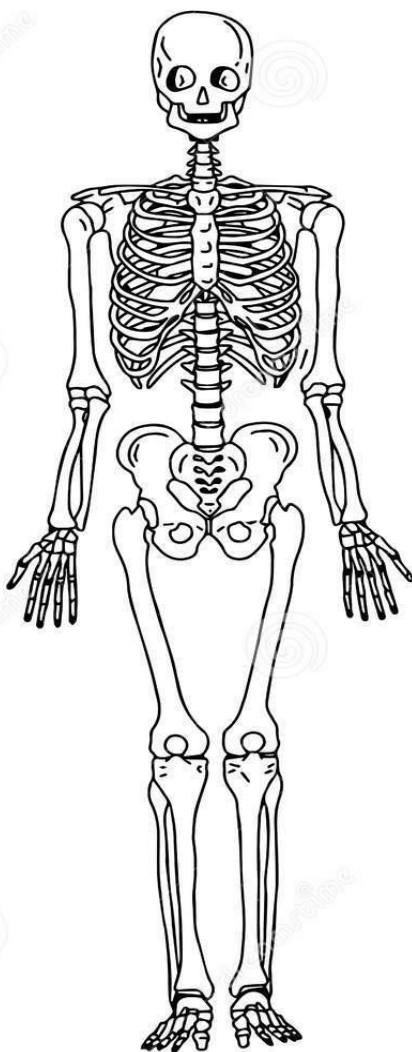
Aim: The aim of these tasks is to develop your understanding of key content and key terms to ease the transition into the study of a new subject at Level 3 standard. By completing the tasks below, you will consolidate or develop knowledge of important content which will inevitably aid your understanding of the course over the next term.

Unit 1: Anatomy and Physiology

A1: Structure of the Skeletal System

Label the major bones in the body. This website may help you: <https://www.britannica.com/science/human-skeleton>

Cranium, Clavicle, Ribs, Sternum, Scapula, Humerus, Radius, Ulna, Carpals, Metacarpals, Phalanges, Pelvis, Vertebral Column (cervical, thoracic, lumbar, sacrum, coccyx), Femur, Patella, Tibia, Fibula, Tarsals, Metatarsals.



B1 Characteristics and functions of different types of muscles

There are three different types of muscles within the body. Complete the table below using the following words to identify the different types and give a description. Once you have discovered the description of each type, using your own knowledge, explain the use that each muscle has within sport.

CHALLENGE: Can you give different sporting examples for each use in sport

Key Description Words: Voluntary, Involuntary, Slow Contraction, Fatiguing, Non-fatiguing (Tip: One is used more than once!)

<u>Type of Muscle</u>	<u>Description</u>	<u>Their use in sport</u>
Cardiac		
Skeletal		
Smooth		

C3 Lung Volumes

Find a definition for the following that will help you understand the lung volumes and the changes that occur in response to exercise and sports performance

➤ Tidal volume

➤ Vital capacity

➤ Residual volume

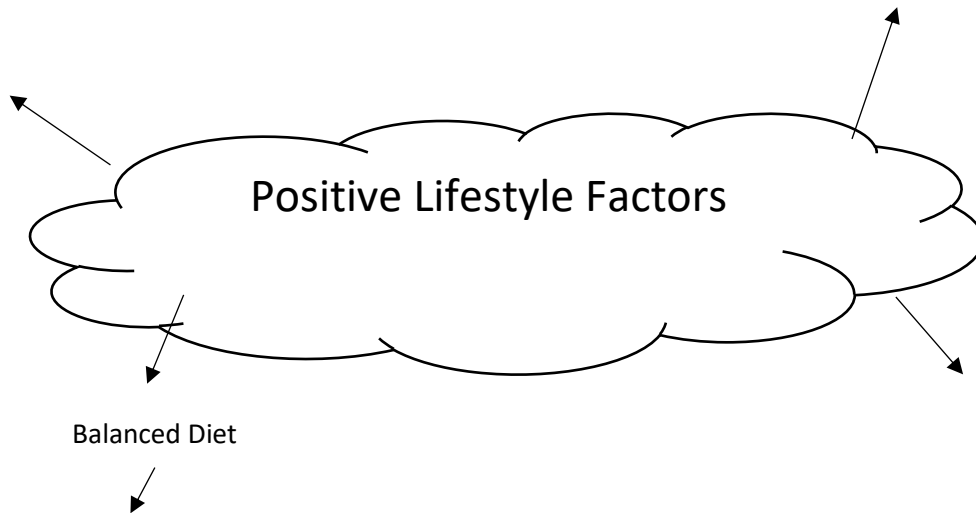
➤ Total lung volume

➤ Minute ventilation (VE)

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

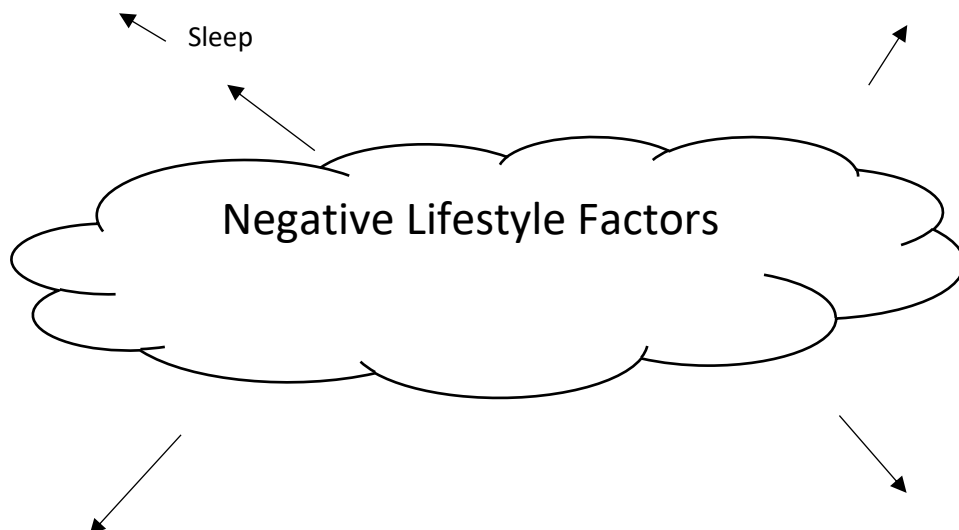
A Examine lifestyle factors and their effect on health and well-being

You will learn about the positive and negative lifestyle factors and how these have an impact on your health. Complete the two mind maps below. An example of each has been done for you.



Having a balanced diet helps to improve your immune system, maintain your body weight and reduces the risks of chronic diseases

Lack of sleep can lead to depression and overeating



You can use the Specification available here to help. Use page 43.

https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/9781446939482-BTEC-nationals_L3_diploma-sport-spec.pdf

B2 Health monitoring tests

You need to be able to interpret health monitoring results of a selected individual using normative data and make appropriate recommendations. Below is a table containing the four health monitoring tests that you will cover. For each test give an explanation of how to conduct the test.

Health Monitoring Test	How to conduct the test
Blood Pressure	
Resting Heart Rate	
Body Mass Index (BMI)	
Waist to Hip Ratio	

This is a useful website to use if needed: <https://www.brianmac.co.uk/>

D Examine training methods for different components of fitness

There are a number of components of fitness which are categorised as physical or skill related. You need to know the definition of each component so you are able to identify which components are essential for different sports. You will also need to know how you can improve each component through fitness testing and training.

Complete the definitions in the table below.

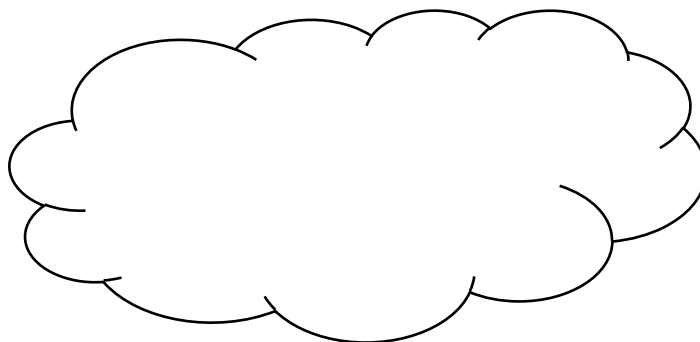
Physical Components	
Aerobic Endurance	
Strength	

Muscular Endurance	
Flexibility	
Speed	
Body Composition	
Skill Related Fitness	
Agility	
Balance	
Coordination	
Reaction Time	
Power	

Unit 3: Professional Development in the Sports Industry

A2 Careers and jobs in the sports industry

1. Produce a mind map in the space below and list all the jobs you can think of within the sporting industry. For example, personal trainer, PE teacher
2. For job you have selected, colour code them using the following guide: Private Sector – Red, Public Sector – Blue, Voluntary Sector – Yellow, Third Sector – Green, Private/ Public Partnership – Purple. To do this, you may find it is easier completing the table first



Sector	Explanation
Private	
Public	
Voluntary	
Third Party	
Public/ Private Partnership	

C1 Job applications

For a job of your choice (must be within the sports industry), you must write a cover letter to your potential employer. A cover letter is sent with you application form when applying for a job. Use the guide below to help structure your letter:

- First paragraph - The opening statement should set out why you're writing the letter. Begin by stating the position you're applying for, where you saw it advertised and when you are available to start.
- Second paragraph - Cover why you're suitable for the job, what attracted you to this type of work, why you're interested in working for the company and what you can offer the organisation.
- Third paragraph - Highlight relevant experience and demonstrate how your skills match the specific requirements of the job description. Summarise any additional strengths and explain how these could benefit the company.
- Last paragraph - Use the closing paragraph to round up your letter. Reiterate your interest in the role and indicate your desire for a personal interview. Now is the time to mention any unavailable dates. Finish by thanking the employer and say how you are looking forward to receiving a response

Dear _____

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue or grey lines across the entire width of the page. The lines are thin and consistent in color and thickness. There are no margins, text, or other markings on the paper.

Yours sincerely,