

Btec Level 3 Sport Year 11 into 12 induction task

Welcome to your Btec Level 3 National Extended Certificate in Sport

To remind you :-

- This qualification is the equivalent of 1 A-level
- You will complete 4 units
- Three are compulsory, two of which are external exams, one where you take notes in with you following pre-release material.

Your Units are

Compulsory

- Unit 1 Anatomy and Physiology (External exam)
- Unit 2 Fitness Training and Programming for Health, Sport and Well-being (External exam with pre-release material and notes in the exam)
- Unit 3 Professional Development in the Sports Industry

Optional Unit

For this unit we have chosen to do Unit 7 Practical Sport. This will allow you to use two sports, (one individual and one team) to look at in depth, including analysis of performance methods.

Researching and Referencing

These are skills that will be extremely important to you when completing the coursework elements of your qualification. Whenever you use someone else's work to support an idea you must always give them credit for it. To aim for the higher grades in this subject you will need to 'read around your subject'. This means to find other sources of information about the topic you are studying other than the text books used in school or the class notes the teacher has given you. For example in journals, other text books or even newspaper articles. If there is something good in something you read that helps to support an idea that you have had, it can be used in your work but you need to tell us whose work it is. This is called referencing.

- ▶ The reference may be a direct quote from someone else's work or it could be that you are referring to their work/opinion as part of your own work.
 - ▶ Eg. Hibbert states that 'you never not have enough time, it is just how you choose to use your time that decides whether work gets done or not'
 - ▶ OR According to Conway and John the feeling comes across that they believe time can be managed better. Hibbert and Clayton-Jones support this belief in their comments on time-management of 6th formers.
- ▶ In the second example you don't actually quote the authors or articles but you refer to their work to support an argument that you may be making.

We will go through this with you in more detail in September but please spend some time looking up referencing over the summer

Task 1

Think about which two sports you will choose to be assessed in and develop your knowledge and understanding of. One of these must be a team sport and one an individual sport. The sports selected must have a National Governing Body (NGB) recognised by UK Sport or the International Olympic Committee (IOC).

You are going to produce a report on each sport. You should include the following information. For your two sports identify the national governing body, when it was established and where it is located. Research when the first set of rules were devised for these sports and write a comparison of those original rules with the rules today. What are the major current issues surrounding your two sports today? – you can find this out by looking at the governing body website but also by looking at news feeds, which might have more of the story than the governing body would want

us to know about! Finally how do your two sports ensure that they are inclusive? This should include for people with disabilities but also any gender issues.

Task 2

For both sports create a written audit of strengths and weaknesses for your own performance. Think about the skills, tactics, techniques, knowledge of rules and regulations that you have. This can be in the form of a table. Over the summer holiday try to expand your knowledge of one of these areas and keep a record of how you made your improvements – it will help you with your coursework for Unit 7 later in the year.

Task 3

Find a picture of a skeleton and label the following bones:- 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.

Print off a picture of the muscular system (this will need to be front and back views). Label the following muscles: - Deltoids, biceps, triceps, wrist flexors, wrist extensors, supinators and pronators, pectorals, abdominals, obliques, quadriceps, hip flexors, tibialis anterior, erector spinae, trapezius, latissimus dorsi, gluteals, hamstrings, gastrocnemius, soleus.