

Sport (Pearson BTEC Level 3 Diploma)

Getting Ready for Sport



BTEC Nationals in Sport use a combination of assessment styles to give students the confidence to apply their knowledge to succeed in the workplace, and have the study skills to continue learning on Higher Education courses.

The range of vocational assessments – both practical and written – means students can showcase their learning and achievements to best effect when they take their next step.

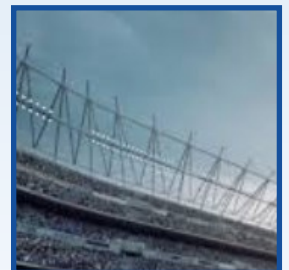


Preparing for Unit 1 - Anatomy and Physiology

In this unit, there are 5 units covered. The skeletal system, muscular system, respiratory system, cardiovascular system and the energy system for sports performance.

To prepare for this, you could produce a presentation which describes and explains the following:

- Show how the structure and components of synovial joints and their use in sporting technique and actions
- Movement of the muscles in antagonistic pairs and their use in a variety of sporting actions
- Show the function of the respiratory in response to exercise and sports performance. Show the mechanisms of breathing at rest and during exercise and show how gaseous exchange works
- Show the nervous control of the cardiac cycle
- Show how the role of ATP works in exercise



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Preparing for Unit 4: Sports Leaders

There are countless roles within the sports industry where strong leadership skills are essential. Leadership is vital to ensure that groups & individuals are able to achieve their goals. Principles of leadership must be applied to maintain safety, and to motivate and develop personal relationships. There are many styles of leadership and an exceptional leader will be able to adapt their style to meet the requirements of their team and situation.



If you can watch some of the sports documentaries such as the ones on Amazon Prime to see examples of the team around the players

All or Nothing: Manchester City

All or Nothing: New Zealand All Blacks

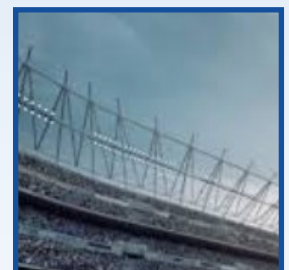
Andy Murray: Resurfacing



You could also write a report discussing the skills, qualities and characteristics of three different leadership roles within different sports and exercise activities or environments.

Your report should be in four sections:

1. Discuss the differences between three selected sports leaders
2. Discuss how the selected leaders apply their skills, qualities and characteristics to their role
3. Provide a discussion of the effective use of the skills, qualities and characteristics of the three selected leaders
4. Conclude by discussing the effective use of skills providing logical practical examples.



You can choose from: activity leader, coach, teacher, instructor, trainer, manager, official, table official, team manager, score keeper, first aider, health and safety officer.

For further information please contact:

Mr S Macfie (PE Dept)

Email: smacfie@swchs.net

