

Sport (BTEC)

National Level 3: Extended Certificate (360GLH)



PROFILE:

This qualification is designed to support progression to higher education when taken as part of a programme of study that includes other appropriate BTEC Nationals or A-Levels.

What will you study?

Over the 2 years you will study 4 modules:

- 2 are externally marked through exam or case study
- 2 are internally marked through coursework

CONTACT

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Unit 1 – Anatomy & Physiology



Please give the definition for each in the box below.

Term	Meaning
Anterior	
Posterior	
Medial	
Lateral	
Proximal	
Distal	
Superior	
Inferior	

Unit 2 – Fitness Training & Programming

Lifestyle questionnaire

Section 1: Personal details	
Name	Mr. D Smith
Date of birth	01/07/1986
Address	10 The Drive, Milltown
Phone (home)	01234 566786
Phone (mobile)	07785879657
Occupation	Office worker
Hours worked	9 a.m. to 6 p.m. with a 1-hour lunch break
How far do you live from your workplace?	Approx. 5 miles
How do you travel to work?	Train
Section 2: Current activity levels	
How many times per week do you currently take part in physical activity?	None
Section 3: Your lifestyle	
How many units of alcohol do you usually consume per week?	16
Do you smoke?	No
Do you experience stress on a daily basis?	Yes
If yes, what causes your stress?	Work deadlines
On average, how many hours of sleep do you get per night?	6
Section 4: Health monitoring tests	
Blood pressure	140/90 mm Hg
Resting heart rate	88 bpm
BMI	31
Waist-to-hip ratio	1.3
Section 5: Physical goals	
What are your physical/sporting goals?	Start playing competitive 5-a-side football again and lose at least 10 kg in weight
Signed (client): D. Switzk	

Task 2:

Using the above information from a client's lifestyle questionnaire:

Interpret the lifestyle results in terms of strengths & areas for improvement

Suggest improvements to this client's day to day lifestyle considering:

physical activity / diet / stress / physical health results

Unit 3 – Professional Development



Task 3:

Research ONE career in the sports industry. Create a poster considering the following factors:

- 1) Salary
- 2) Entry Requirements (degree/A-levels/GCSE's)
- 3) Application Process
- 4) Job description
- 5) Qualities required for the role

Unit 5 – Fitness Testing

Female (Age)	Poor	Below Avg.	Average	Above Avg.	Excellent
15-19	< 11	12-17	18-24	25-32	> 33

Male (Age)	Poor	Below Avg.	Average	Above Avg.	Excellent
15-19	< 17	18-22	23-28	29-38	> 39

Task 4:

Count how many push-ups you can do – to exhaustion, maintaining full technique. Compare to the normative data above.

MEN	teens
Excellent	50+
Good	41 - 48
Average	38 - 40
Below Avg	31 - 37
Poor	below 31

Task 5:

Lie on the floor in the supine position with knees bent at a 45 degree angle. Place feet 12 inches apart and fingers interlocked behind the head. Begin the test and do as many sit-up as you can in one minute. Compare to normative data.
















WOMEN	teens
Excellent	42+
Good	32 - 39
Average	29 - 31
Below Avg	20 - 27

Age	Excellent	Above Average	Average	Below Average	Poor
13-14	>2000m	1900-2000m	1600-1899m	1500-1599m	<1500m
15-16	>2100m	2000-2100m	1700-1999m	1600-1699m	<1600m
17-20	>2300m	2100-2300m	1800-2099m	1700-1799m	<1700m

Task 6:

Locate a flat surface outside (can also be done on a treadmill). Run as far as you can in 12 minutes and compare the distance to the normative data.

Extend your learning...

 <p>Complete this MOOC.</p> <p><u>Football: more than a game</u></p> <p>https://www.futurelearn.com/courses/football</p> <p>University of Edinburgh This course is open now!</p>	 <p>Listen to this radio programme from the BBC World service. Sports Hour is a live Saturday morning sports show with reports, debate and humour. There are over 280 shows available covering all world sport.</p> <p>BBC World Service: <u>Sports hour</u></p> <p>https://www.bbc.co.uk/programmes/p016tmfz/episodes/downloads</p>	 <p>Read this article which explores the science behind wearing a helmet in sporting activities and how helmets are there to stop brain fracture and not concussion.</p> <p><u>Football helmets don't protect against concussion - and we're not sure what does</u></p> <p>https://ideas.ted.com/football-helmets-dont-protect-against-concussion-and-were-not-sure-what-does/ <i>Ideas TED</i></p>	 <p>Watch this TED talk which explores how racial stereotypes have infiltrated the language we use to discuss athletes.</p> <p><u>Shouldn't sports be colour-blind</u></p> <p>https://www.ted.com/talks/patrick_ferrucci_shouldn_t_sports_be_color_blind</p> <p><i>TED Talks – Patrick Ferrucci</i></p>	 <p>Complete this course.</p> <p><u>Exercise prescription for the prevention and treatment of disease</u></p> <p>https://www.futurelearn.com/courses/exercise-prescription</p> <p><i>Future Learn Available now or 4th May 2020</i></p>
 <p>Listen to this radio programme.</p> <p>This is a daily podcast bringing you the latest from the Premier League, EFL, European football and more.</p> <p>BBC Radio 5 Live <i>BBC Programmes</i></p>	 <p>Read this article which explores some of the key gender issues in sports.</p> <p>Sports are designed around men – and that needs to change</p> <p>https://ideas.ted.com/sports-are-designed-around-men-and-that-needs-to-change/ <i>Ideas TED</i></p>	 <p>Watch this TED talk.</p> <p><u>Are athletes really getting faster, better, stronger?</u></p> <p>https://www.ted.com/talks/david_epstein_are_athletes_really_getting_faster_better_stronger</p> <p><i>TED Talks – David Epstein</i></p>	 <p>Listen to this podcast in which Calum and Buncey react to KSI's split-decision victory over Logan Paul in Los Angeles.</p> <p>KSI vs Logan Paul II</p> <p>https://www.bbc.co.uk/sounds/play/p07tlt26</p> <p><i>BBC Sounds</i></p>	 <p>Watch this TED talk.</p> <p><u>My 12 pairs of legs</u></p> <p>https://www.ted.com/talks/aimee_mullins_my_12_pairs_of_legs#t-454</p> <p><i>TED Talks – Aimee Mullins</i></p>
 <p>Watch this TED talk in which Valorie Kondos Field, long-time coach of the UCLA women's gymnastics team, shares the secret to her success. Hint: it has nothing to do with "winning."</p> <p><u>Why Winning doesn't always equal success</u></p> <p>https://www.ted.com/talks/valorie_kondos_field_why_winning_doesn_t_always_equal_success <i>TED Talk – Valorie Kondos</i></p>	 <p>Watch this TED talk in which Christopher McDougall explores the mysteries of the human desire to run.</p> <p><u>Are we born to run?</u></p> <p>https://www.ted.com/talks/christopher_mcdougall_are_we_born_to_run <i>TED Talk – Christopher McDougall</i></p>	 <p>Watch this TED talk. How much do you know about intellectual disabilities?</p> <p><u>Special Olympics let me be myself – a champion</u></p> <p>https://www.ted.com/talks/matthew_williams_special_olympics_let_me_be_myself_a_champion <i>TED Talk – Matthews Williams</i></p>	 <p>Watch this TED talk. Amazing, inspiring feats of daring and determination that will bring you everywhere from the high skies to the deep sea. (Playlist of eight talks).</p> <p><u>Extreme sports</u></p> <p>https://www.ted.com/playlists/359/extreme_sports <i>TED Talks</i></p>	 <p>Listen to this podcast from the British Journal of Sports Medicine. It covers all sorts of aspects of Sports Medicine, from the science behind running shoes to the power of sleep.</p> <p>BJSM Podcast</p> <p>https://player.fm/series/1332 <i>Also available on other podcast providers – search 'BJSM'</i></p>