

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.

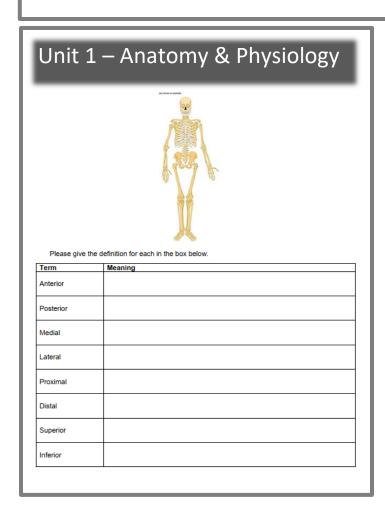
What will you study?

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 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)
- 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		

Poor	below 31	
WOMEN	teens	
Excellent	42+	
Good	32 - 39	
Average	29 - 31	

20 - 27

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.

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:

Below Avg

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.

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BBC World Service: Sports hour

https://www.bbc.co.uk/p rogrammes/p016tmfz/ep isodes/downloads



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. Football helmets don't protect against concussion - and we're not sure what does

https://ideas.ted.com/footballhelmets-dont-protect-againstconcussion-and-were-not-surewhat-does/ Ideas TED



Watch this TED talk

which explores how racial stereotypes have infiltrated the language we use to discuss athletes.

Shouldn't sports be colourblind

https://www.ted.com/talks/patrick_ferrucci_shouldn_t_sports_be_color_blind

TED Talks – Patrick Ferrucci



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BBC Radio 5 Live
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this article

which explores some of the key gender issues in sports

Sports are designed around men – and that needs to change

https://ideas.ted.com/sp orts-are-designedaround-men-and-thatneeds-to-change/ Ideas TED



Watch this TED talk.

Are athletes really getting faster, better, stronger?

https://www.ted.com/talks/david epstein are athletes really getti ng faster better stronger

TED Talks – David Epstein



this podcast in which

Calum and Buncey react to KSI's split-decision victory over Logan Paul in Los Angeles.

KSI vs Logan Paul II

https://www.bbc.co.uk/so unds/play/p07tlt26

BBC Sounds



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My 12 pairs of legs

https://www.ted.com/ talks/aimee_mullins my_12_pairs_of_legs# t-454

TED Talks – Aimee Mullins



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."

Why Winning doesn't always equal success

https://www.ted.com/talks/valori e kondos field why winning do esn t always equal success TED Talk – Valorie Kondos



Watch this

TED talk in which Christopher McDougall explores the mysteries of the human desire to run.

Are we born to run?

https://www.ted.com/tal ks/christopher mcdougal l are we born to run TED Talk – Christopher McDougall



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talk. How much do you know about intellectual disabilities?

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– a champion

https://www.ted.com/talks/matth ew williams special olympics let me be myself a champion TED Talk – Matthews Williams



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Extreme sports

https://www.ted.com/playl ists/359/extreme sports TED Talks



Liste

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.

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