

**Year 11 - 12 Sport Transition
Work
2022**

Welcome to PE

This pack contains information regarding the course structure, equipment/ reading and website lists and transition work to prepare you to start your Year 12 course in September.



Course Structure

What do I need to do in BTEC Sport?

Year 12

In Year 12 students will prepare for the two exam units:

In Unit 1 Anatomy and Physiology - You will cover all the major systems of the human body and how they are affected by exercise.

In Unit 2 Fitness training and programming for health sport and well-being you will assess knowledge and understanding of fitness testing and training, and it allows you to assess the fitness levels, health and lifestyle and nutrition of a wide variety of individuals.

Year 13

In year 13 students will complete the two assignment-based units:

In unit 3 professional development in the sports industry, you will explore the knowledge and skills required for different career pathways in the sports industry. You will take part in, and reflect on, a personal skills audit, careers action plan and practical interview assessment activities. **In Unit 4 Sports leadership** you will gain an understanding of the key roles, qualities, and characteristics of an effective sports leader. You will examine the importance of psychological factors and their link with leadership, finally you will use an effective leadership style when leading a team during a sporting activity.

Equipment List

Please find below a list of materials for BTEC Sport

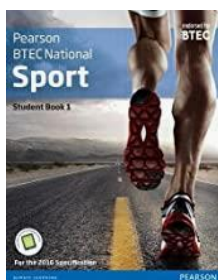
Equipment required for course

- You will be expected to buy and use a folder for all your notes and resources given to you
- Bring exercise book and PLC to every lesson
- Homework will be issued and expected to be completed
- You must come equipped with stationary you will need for the lesson
- For practical lessons you will be expected to bring appropriate kit

Deadlines

- Are **non-negotiable** therefore deadlines cannot be missed. You will not be given the chance to resubmit your work if you have not met the initial deadline.

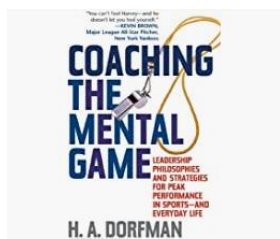
Books



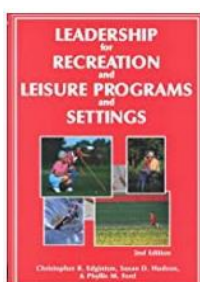
Pearson BTEC National Sport – Student book 1

https://www.amazon.co.uk/s?k=Pearson+BTEC+National+Sport+%E2%80%93+Student+book+1&i=stripbooks&crd=1GNQCY8O4AOHI&prefix=pearson+btec+national+sport+student+book+1%2Cstripbooks%2C91&ref=nb_sb_noss

Unit 1 and 2 study guides will be provided by your teacher

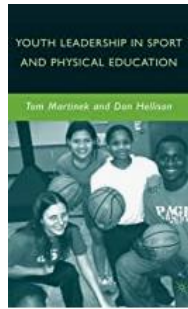


Dorfman, H A – *Coaching the Mental Game: Leadership Philosophies and Strategies for Peak Performance*



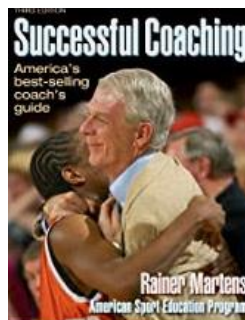
Edginton C et al – *Leadership for Recreation and Leisure Programs and Settings* (Sports Publishing, 1999)

https://www.amazon.co.uk/s?k=ISBN+9781571674371&i=stripbooks&crd=JS50MTZHM110&prefix=isbn+9781571674371%2Cstripbooks%2C77&ref=nb_sb_noss



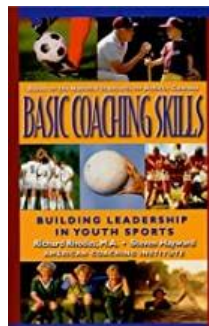
Hellison P and Martinek T – *Youth Leadership in Sport and Physical Education* (Palgrave Macmillan, 2009)

https://www.amazon.co.uk/s?k=ISBN+9780230612365&i=stripbooks&crd=3TF7767HW7SA5&prefix=isbn+9780230612365%2Cstripbooks%2C84&ref=nb_sb_noss



Martens R – *Successful Coaching* (Human Kinetics Europe, 2004) ISBN 9780736040129

https://www.amazon.co.uk/s?k=ISBN+9780736040129&i=stripbooks&crd=1CSPB4JLQRLT&prefix=isbn+9780736040129%2Cstripbooks%2C41&ref=nb_sb_noss



Rhodes R and Hayward S – *Basic Coaching Skills: Building Leadership in Youth Sports. Based on the National Standard for Athletic Coaches* (American Coaching Institute, 2000) ISBN 9780967794105

https://www.amazon.co.uk/s?k=ISBN+9780967794105&i=stripbooks&crd=TEM0ZS TCN28W&prefix=isbn+9780967794105%2Cstripbooks%2C79&ref=nb_sb_noss

Websites

www.brainmac.com

American College of Sports Medicine www.acsm.org

British Association of Sport and Exercise Sciences www.bases.org.uk

Coachwise www.1st4sport.com

Human Kinetics www.humankinetics.com

Sport Science www.sportsci.org

Sports Coach UK www.sportscoachuk.org

Top End Sports www.topendsports.com

American College of Sports Medicine www.acsm.org

British Association of Sport and Exercise Sciences

Transition Work

Over the holidays you will complete the following tasks and bring it with when you start in September.

Year 12 BTEC Extended Certificate in Sport

2022-24

Unit 1 Anatomy and Physiology

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

Summer Project Work



Unit 1 Anatomy and Physiology

Learning aim A The effects of exercise and sports performance on the skeletal system.

Identify the following major bones of the human skeletal system.

(Cranium, Clavicle, Sternum (Breastbone), Radius, Ulna, (Pelvis bones) Ilium, Pubis, Ischium, carpals, metacarpals, humerus, Phalanges x 2, femur, tibia, fibula, patella, metatarsals, tarsals, vertebral column (thoracic, lumbar, sacrum coccyx, cervical.)



Research the meaning of the following key terms

Term	Meaning
Anterior	
Posterior	
Medial	
Lateral	
Proximal	
Distal	
Superior	
Inferior	

Types of bones:

Research the different types of bones you can find in the human body and give examples of them.

Bone classification	Description	Example(s)
Short Bones		
Long Bones		

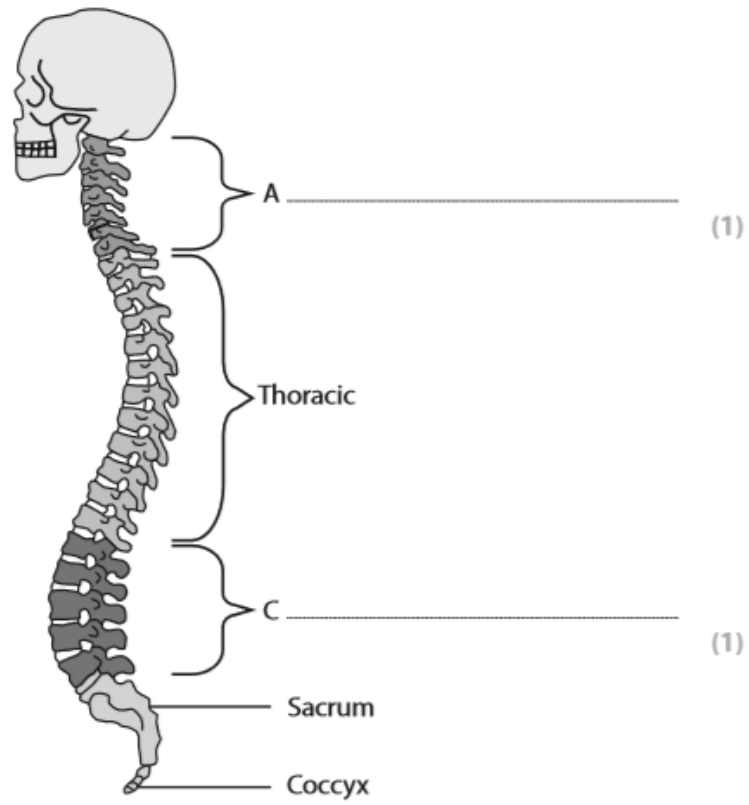
Flat Bones		
Irregular Bones		
Sesamoid Bones		

Exam Questions:

1.

Figure 1 shows the regions of the vertebral column.

1 Identify the regions labelled **A** and **C**.



2.

A flat bone is one type of bone. One function of a flat bone is to protect vital organs of the body.

2 Complete **Table 1** by:

- (a) giving **two** other types of bone in Column A
- (b) giving **one** function of each type of bone in Column B.

An example has been provided.

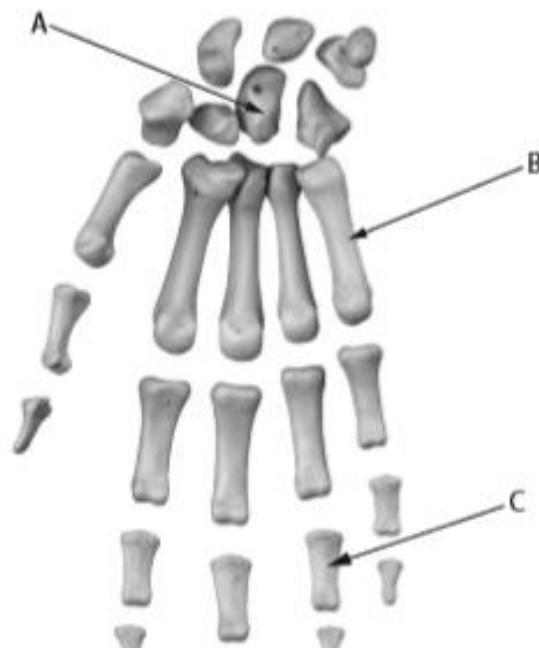
	Column A	Column B
	(a) Type of bone	(b) Function of the bone given in Column A
Example	Flat bone	Protect vital organs
1	(1)	(1)
2	(1)	(1)

3.

Figure 1 shows the bones of the hand.

1 (a) Name the bones labelled A–C in **Figure 1**.

(3)



Unit 2 Fitness Programming for Sport and Exercise

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

Task 1:

A1 Positive lifestyle factors and their effects on health and well-being

Research and create an **informative booklet** similar to those you would find in a gym or at a doctors surgery on the following topics:

Importance of lifestyle factors, Physical Activity (PA) and a balanced diet to maintain health and well-being.

You must include information on:

- Physical benefits
- Reducing risks of chronic diseases such as heart disease and strokes
- Social (Friends and Family influence)
- Economic (Where you live and the finances you have available)
- Eat well Plate
- Benefits of healthy diet
- Fluid intake
- Strategies to improve diet
- Government guidelines and recommendations of how to improve health and wellbeing.

Task 2:

Complete the food and exercise diary below as honestly as you can. Include all drinks, snacks and any exercise you do within the two days.

	Day 1	Day 2
6am		
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
11pm		
12am		

In order to have the full picture of your current physical activity levels in your everyday life please answer the following questions;

1. What is your current occupation?

.....

2. Is your job full or part time?

.....

3. How many hours per week do you work or attend college/school?

.....

4. How do you travel to and from your job?

.....

5. How long does it take you to travel to and from your place of work/school/college?

.....

6. Do you experience any stress in your life?

.....

7. What do you think causes this stress?

.....

8. Do you drink alcohol? If so, how many units per week?

.....

9. Do you smoke? If so, how many cigarettes per day?

.....

10. Are you taking part in physical activity?

.....

11. Do you feel you have a health balanced diet?

.....

Task 3:

Look at your information form task two and complete the table below looking at the positive and negative aspects of your health and wellbeing.

Positive factors	Negative factors

In summary what are your findings. Explain the table above.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Deadline: Wednesday 7th September 2022