

BTEC LEVEL 3 NATIONAL EXTENDED DIPLOMA IN SPORT

Subject preparation, information and transition pack



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WELCOME TO BTEC SPORT L3!

We would like to warmly welcome you to the BTEC Sport Level 3 course and we are really pleased that you have selected it. This pack provides information to prepare you for the start of the course in September 2020 and gives you some activities, tasks and challenges to do in preparation.

It is split into 3 sections:

1. Introduction to the course and key information
2. Course requirements and organisation
3. Unit specific activities, tasks and challenges

Work through the pack at your own pace and keep a record of what you have done!

1. Introduction to the course and key information

This is a Level 3 BTEC course which means it is equivalent to the size of three A-levels. The majority of students will only complete the BTEC course whilst at sixth form, however there may be other courses or qualifications that you are taking.

What will I study?

You will complete 14 units over the two years, four of which are assessed through an exam. Below is a list of the units you will be taking across years 12 and 13.

Year 12		
Unit 1	Anatomy and Physiology	Exam
Unit 2	Fitness training and programming for health, sport and well-being	Exam
Unit 3	Professional development in the sports industry	Assignment(s)
Unit 4	Sports leadership	Assignment(s) and practical
Unit 5	Application of fitness testing	Assignment(s) and practical
Unit 6	Sports psychology	Assignment(s)
Unit 10	Sports event organisation	Assignment(s) and practical
Year 13		
Unit 7	Practical sports performance	Assignment(s) and practical
Unit 8	Sports coaching for performance	Assignment(s) and practical
Unit 9	Research methods in sport	Assignment(s)
Unit 18	Work experience in sport and active leisure	Assignment(s) and work placement
Unit 19	Development and provision of sport and physical activity	Exam
Unit 22	Investigating business in sport and the active leisure industry	Exam
Unit 23	Skill acquisition in sport	Assignment(s)

You will have 15 timetabled lessons and will be completing around 4-5 units at a time. Depending on the size of the unit, you may spend half of the year or a full year studying it.

You will also have a double period of study support each week. We will alternate each week between classroom-based study and recreational sport.

At the end of each unit, you will be awarded a grade based on your completed assessment. This will be either a U, Pass, Merit, or Distinction. Each unit grade is put together to give you 3 final grades at the end of year 13, for example DDM.

More information about when, where and how you will complete the course will be provided in your course handbook, given to you at the start of the academic year. Additional information about your first days of sixth form will be provided by the sixth form administration team.

Additional elements to the course...

In addition to the completing the academic course, there will be lots of other opportunities for you to gain experience, try new things and apply your learning.

These include:

Trips to universities, with a focus on Sports Science e.g. University of Bedfordshire, University of East Anglia.



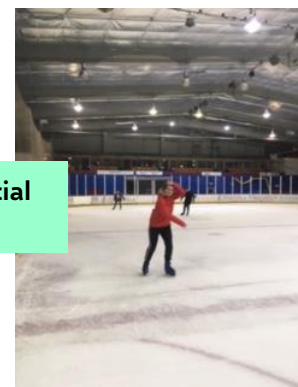
Work experience for example, local secondary schools, Cambridge United, Bourn Leisure



Guest speakers and taster sessions based upon careers in the sports industry. For example, F.A.S.T Physiotherapy, Head of Performance from Cambridge United.



Plus recreational sports activities, social trips and more...



2. Course requirements and organisation

Organisation and personal resources

To give yourself the best chance of 'hitting the ground running' when you start with us in September, we have some top tips!

1. Do sport, watch sport, read sport!

This course is all about physical activity, exercise, sport and the sports industry. The more you know about professional sport and news and the more active you are in sports teams or personal fitness, the better! Try doing some of the following:



- Listen to sports podcasts: The Peter Crouch Podcast, The Science of Sport, Flintoff Savage and the Ping Pong Guy
- Download sports news apps: BBC Sport, ESPN, Red Bull TV, Yahoo Sports, theScore
- Watch highlights from previous Olympics or International Events: [Olympics](#) , [BBC Sport](#) , [England Netball](#) , [Team England – Commonwealth Games](#)
- Complete online workouts to keep up your fitness and learn these workout types – try different things! [HIIT](#) , [HIIT with weights](#) , sports specific workout - [football](#) , [Pilates](#) , [resistance bands](#)

2. Get a planner or diary

You will be receiving multiple pieces of work from different teachers throughout the week. These will have different due dates and times and it's important to keep track. Equally as important is planning out your time. Breaking up your week into 'study slots' to complete different pieces of work is key to ensuring you hand in your work on time! Something like this is perfect! [Amazon - Weekly planner pad](#)



Google Drive



3. Ensure you have ways to back up your work

Almost all your work will be done electronically – this includes word documents, PowerPoints, videos and photos. Making sure you have saved copies of your work in different places is really useful – “my computer crashed and I lost everything” is not a valid excuse! Put in place a system to save and back up your work. Using online storage platforms like Google Drive or physical hard-drives or USB sticks are great.

4. Create a working space at home

You may prefer working at school and it's absolutely fine to do this. There is likely however, to be times when you have to complete work at home. Creating a space for yourself to do this is helpful to keeping organised and focused. A place where you can sit and work comfortably, free from distractions, free from mess and with easy access to your folders, books and work devices (e.g. a laptop) is good. Lots of light where possible and maybe even a notice board for reminders! Doesn't have to be Instagram-able but should be a good place to study! Check out this video to help! ['How to create an organised, productive study space'](#)



5. Organising your notes + stationary

Get some folders! You will have at least 5 different teachers in Year 12, each teaching different content and giving you resources and handouts. Get some simple folders, label them and be ready to fill them! We can provide folders in September too if needed. You should also be equipped with basic stationary: a pad of lined paper, pens, a pencil, highlighters, and a stapler and holepunch are also super helpful!



Course requirements

To support your learning and enjoyment whilst on this course, we run a range of additional activities and opportunities throughout the two years.

This includes trips (for example, University Fitness Centres), guest speakers, taster sessions for areas within the sports industry, personal revision guides and a BTEC Sport Level 3 t-shirt. We ask parents for a contribution to cover the cost of these.

The total amount for the course is £125. We ask that the £125 is to be paid at enrolment in September or split into two £62.50 payments, at the start of Year 12 and then Year 13 and is non-refundable. Financial support, if required, can be applied for, with details on the Comberton Sixth Form website. The extra elements to the course that the financial contribution enable really do enhance and compliment the course. They also allow us to give extra experiences which are vital to the success of the students.

For payment, please use the college Wisepay system which will be available from September 2020. Alternatively, you can bring in a cheque made payable to CAM Academy Trust with your name (student) on the back.

Further information regarding the payment and order of kit will be provided in September 2020.

Additional purchases:

In addition to the BTEC Sport L3 t-shirt, we will also offer the option to purchase a ¼ zip top with the BTEC Sport L3 logo. This will cost approximately £25 and can be ordered alongside the t-shirt and purchased through Wisepay or cheque.

You can also purchase the course textbook to support your work outside of lessons and at home. Text book 1& 2 can be purchased direct from Pearson on [their website](#). You will however have access to these textbooks in college and therefore are not compulsory to own.

(Student (Text) book 1 = £28.75; Student (Text) book 2 = £29.74).

It is also recommended that you ensure you have 'smart' sports kit and suitable footwear for practical activity. Fashion sports clothes or trainers are generally not appropriate for the types of practical activities we will do.

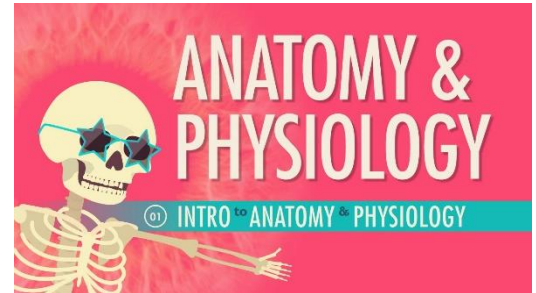


3. Unit specific activities, tasks and challenges

We have put together a selection of activities, tasks and challenges which reflect the course content, across a few units. Complete these in your own time and keep a record of what you have done.

UNIT 1: Anatomy and Physiology

This exam unit is all about how our body works to produce movement and allows us to exercise. You will learn about 5 different systems, how they work, the impact exercise has upon them and how they allow us to do physical activity.



1. Choose 1 of the 5 body systems to research:
 - Skeletal
 - Muscular
 - Respiratory
 - Cardiovascular
 - Energy
2. Create a model or poster which identifies the components of this system and how it helps us to exercise.
3. Use online resources to get your information – be as creative as you can in the production of your model or poster.

Helpful sources of info...

[Brian Mac](#)

[Inner Body Research](#)

[Crash Course – Anatomy and Physiology](#) – YouTube playlist

UNIT 2: Fitness training and programming for health, sport and well-being

This unit looks at lifestyle factors of individuals and how they may be positively or negatively affecting their health and well-being. You will learn how to analyse these and plan training programmes to improve their health or sports performance.

1. Watch one of the programmes below on YouTube of two couples who are struggling with their health and weight (you don't need to watch the whole thing!).
2. Identify the ways in which their lifestyle and eating habits may be negatively affecting their health.
3. Explain the ways they could improve their lifestyle through exercise and nutrition and why this would help them.



YouTube – [A Year to Save My Life](#)

YouTube – [Secret Eaters](#)

UNIT 3: Professional Development in the Sports Industry

Professional Development in the Sports industry provides the opportunity to research specific careers in sport and practise applying for jobs in the industry.

1. Complete this quiz to find out the type of person you are and the sorts of careers that might suit you. [TAKE THE QUIZ](#)
2. Using the information from the quiz, or your own ideas and aspirations, select a career in sport to research. Once you have selected a career, create a poster which outlines:
 - The job title, the average salary and hours
 - 2-3 of their key responsibilities
 - Qualifications and skills required for the role
 - The career profile section on the Prospects.ac.uk website it really helpful – [find it here](#)



UNIT 4: Sports Leadership

Sports leadership allows you to investigate the roles, skills and qualities of leaders in different contexts. You will be given the opportunity to plan and deliver your own session, justifying your leadership decisions.

1. Research the 5 different types of leadership styles, so you understand the basics of what each mean.
 - Autocratic
 - Democratic
 - Laissez-faire
 - Transformational
 - Paternalistic
2. Plan and lead a short activity or game for others to learn a new skill or improve a current one. Lead in ONE of the leadership styles above. Film your session to show what you did!

Some examples of skills might be...



Juggling



Keepy ups (can be football, hockey, tennis etc.)



Different volleyball shots



Bowling in cricket (or throwing at a target)

UNIT 5: Application of fitness testing

Application of fitness testing is about using standardised fitness testing protocols to assess fitness and provide recommendations for improvement.

1. Research 3 basic fitness tests (you have to be able to perform at least one at home) and create a postcard for each which identifies:

The name of the test

Which component of fitness it measures

The protocol

The normative data scores (the interpretation table for the data collected from the test)

[Brianmac](#) is a great place to get this info as is [Topend Sports](#)



2. Select one of the tests and complete it yourself. You should video yourself completing the test, clearly showing the protocol. Keep the video safe and we will watch them in September!
3. Interpret your results – match your result against normative data scores – how did you do? Write this on the back of your postcard.

UNIT 6: Sports Psychology

Sports Psychology teaches you about the different psychological factors that affect sports performers and how to deal with them.

This is a game to see where your motivations lie...

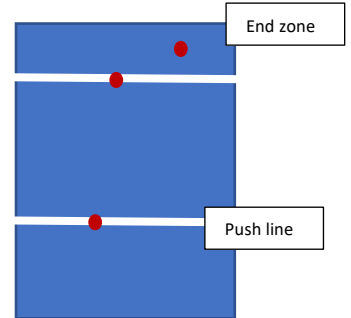
You need at least two players for this game. Choose one of the two activities below:



Sink it Ping Pong



Half-penny shove



1. Set up 5 cups as shown above – ideally on top of a table. The more table tennis balls you have the better, but one will do (can use crumpled up paper or foil as an alternative).
If using plastic cups, fill to about a third with water to prevent it falling over.
2. Set a throw line up (at least 1 metre from the cups).
3. In 1 min, see how many times you can 'sink a ball' (get it in a cup). Cups stay in place if ball lands in one.

1. On a table, create an end zone with a taped line at one end (should be around 15cm long and the width of the table). Can use markers either side of table if not allowed to use tape! Create the same at the other end that is double the length.
2. Each player has 3 coins. The aim is to push the coin from one end of the table to stop dead in the end-zone you have created. Each player takes all 3 turns, removes their coins, then the other player goes.
Not allowed to touch the coin past the push line.
3. Any coin which stops dead in the end zone = 1 point.

Now... repeat the game and choose 1 of two goals:

1. To beat your own score in the previous game
2. To beat the other players' scores in this new game

Which did you choose? **Highlight below**, which you chose and the type of motivation/goals you set.

If you chose Goal 1. To beat your own score, you have a tendency towards setting Mastery Goals.

If you chose Goal 2. To beat the other players' scores, you have a tendency towards setting Performance Goals.



There are two main types of 'achievement goals':

- 1) **Mastery goals** – these are goals which focus on perfecting or learning a skill, setting challenges against your own performance, are realistic but challenging.
- 2) **Performance goals** – these are goals which focus on competition against others, beating an opponent and winning. They strongly revolve around comparing your performance against others.



UNIT 10: Sports Event Organisation

Sports event organisation gives you some insight into the planning, preparation and running of sports events – from primary school tournaments up to Olympic Games. You even get to run your own!

Your challenge: To create a mini Olympics style event for members of your household and run it.

Requirements:

- Must have at least 3 events for participants to do.
- Events must be as physically active as possible.
- Must have clear scoring systems in place.
- Each participant must be representative of a country or team.

You must have in September:

- Clear plan of event – diagrams, resources and steps to completion
- Photographic or video evidence of events being completed.



Be creative – we're looking for the most inventive events in the class!