

Barking Abbey School

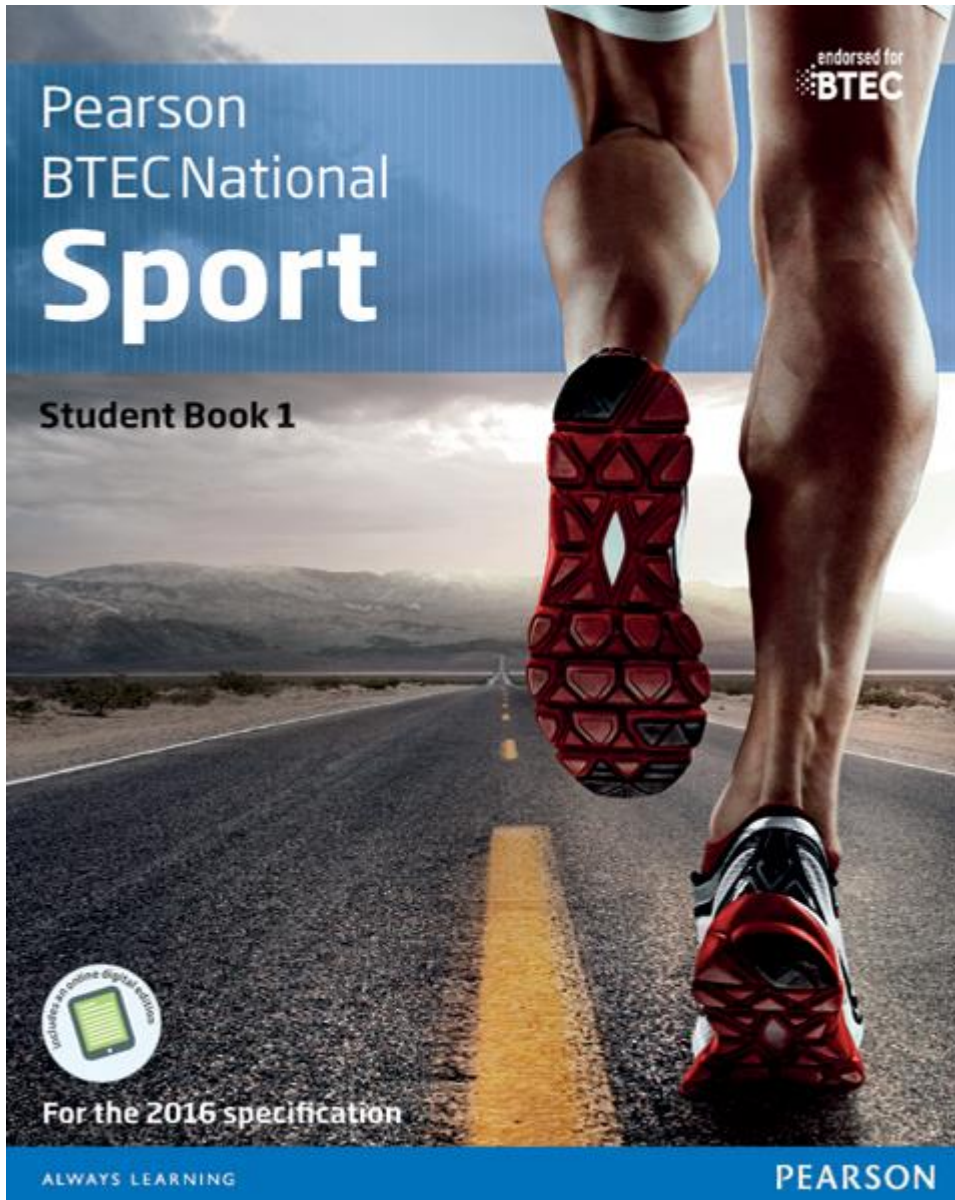


Btec National Sport Year 11 Transition Booklet 2020

Student Name _____

Introduction

It is great that you are considering studying BTEC Sport. This pack contains brief details of the course programme alongside activities and resources to prepare you to start your BTEC Sport course in September. It is aimed to be used throughout the remainder of the summer term and over the summer holidays to ensure you are ready to start your new course in September.



3

Contents

1. Course Details
2. Tasks

Course Details

Course Title: BTEC National in Sport Level 3 Exam board: Edexcel/Pearson

Exam Board web site: www.edexcel.com

www.btec.co.uk

Assessment method: The BTEC Sport Level 3 qualification is assessed both externally and internally via coursework based assignments. Pathways include Diploma (double A Level equivalent), and Extended Diploma (triple A Level equivalent).

Unit 1: Anatomy and Physiology is a written exam for 1.5 hours, worth 90 marks. This will be set and marked by Pearson, with 1 re-take allowed.

Unit 2: Fitness Training and Programming for Health, Sport and well-being is the second externally assessed unit where pre-released information is released 1 week prior to a controlled assessment in exam conditions. 1 week prior to the assessment learners will receive information within controlled conditions where 4 hours can be spent preparing information. After this, on a date specified by Pearson, learners will then spend a further 2.5 hours applying this within controlled conditions.



About the course There has been significant increases in the popularity of BTEC Sport Level 3 since 2010. This has been driven by increased investment, publicity (Olympics), and subsequent vocational opportunities. With a third of workers in this sector having no formal qualifications beyond Level 1, many employers complain they cannot fill vacancies because of the skills shortage. This course exists to enable learners to be at the forefront of sport where these opportunities exist. Units are tailored to the needs of learners and the Sports sector (e.g. Sports Coaching).



Delivery Outline A BTEC is a flexible qualification, made up of a number of units determined by the level and size being studied. These are detailed below;

Diploma (2 A Level equivalent) Must choose Btec Sport in Option Blocks A & B

Extended Diploma (3 A Level equivalent) Must choose all three options Blocks A,B,C

Diploma (2 A Level equivalent) Units covered include;

Anatomy and Physiology (exam), Practical Sports Performance, Fitness Training and Programming (controlled assessment), Professional Development in the Sports Industry, Sports Leadership, Coaching for Performance, , Investigating Business in Sport and the Active Leisure Industry, Skill Acquisition in Sport, Technical and Tactical Demands of Sport or Research Methods.

Units studied: 1/2/3/4/7/8/9/22/23/26

Extended Diploma (3 A Level equivalent) Units covered in addition to the Diploma include; Application of Fitness Testing, Sports Psychology, Development and Provision of Sport and Physical Activity, Sports Injury Management.

Units studied: 5/6/17/19 (plus all the above)

Academic and Career Pathways BTEC Sport Level 3 provides you with the skills required to study at a higher level whilst also developing the background knowledge that will be useful in the Sports Industry. Students who have studied this course in the past have followed a wide range of pathways including university, training schemes, and employment.



Previous degree courses followed include; Sport and Exercise Science, Sport Management, Sports Coaching, Sport Development and Coaching, and Sports Nutrition.



What equipment will be needed for the subject?

An A4 ring binder/Dividers/Lined paper/Pens, pencils rulers.

It is up to you how you keep your notes; however, we would recommend that you have separate folders for each Unit studied (as shown above).

There should be one 'active' folder that you bring to your lessons. This 'active' folder should contain dividers separating each of the different areas of the course, in order to ensure that your work does not get mixed up.



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Learning Resources

During the course, various items of software, DVDs and textbooks are recommended or used in lessons, for example 'Bodyworks@ is a useful computer package that will help you learn the essential anatomy and physiology that is used extensively during this Unit (Principles of Anatomy and Physiology in Sport).

Further information and recommendations can be found via the edexcel.com website.

Recommended Text

BTEC Nationals Sport Student Book 2 + Activebook: For the 2016 Specifications (BTEC Nationals Sport 2016) Paperback – 13 Jul 2017

by Adam Gledhill (Author), Alex Sergison (Author), Ms Chris Lydon (Author), Dale Forsdyke (Author), & 3 more

Logon for Activelearn online textbook:

<https://www.pearsonactivelearn.com/app/Home>

username: whittlestones

password: 24Wellington

Internet

There are a huge variety of web sites that you can use to help you with your work. It is important to remember that in order to get the best marks possible you will need to show evidence that you have read around the subject and can show an 'in depth' understanding of the topic. Due to the nature of the Internet the web addresses are constantly changing.

Be careful, not everything on the internet is correct, use your common sense and only use the internet as a source in addition to your text books!

Work must be produced independently and be referenced properly. Plagiarism will severely affect your grades.

Some of the most common websites specific to the requirements of this course are detailed below;

British Olympic Association <http://www.olympics.org.uk/>

Department of Culture, Media and Sport <http://www.culture.gov.uk>

Sports Coach UK <http://www.sportscoachuk.org.uk>

Sport England <http://www.sportengland.org>

Inner Body <http://innerbody.com>

Peak Performance <http://www.pponline.co.uk>

Psychology Lab <http://www.geocities.com/lazaridou/>

Training Programmes/Principles <http://www.brianmac.demon.co.uk/>

UK Sport <http://www.uk sport.gov.uk>

Sport Injury Journals <http://www.physsportsmed.com/>

National Library of Medicine www.ncbi.nlm.nih.gov/entrez/query.fcgi



Tasks

Please complete the following assignments over summer ready to hand in on the very first lesson in this subject:

Activity 1

Recommended websites; www.brianmac.com Inner Body <http://innerbody.com>

Introduction The human body is made up of many different systems that work together and allow us to take part in a huge variety of sport and exercise activities. An athlete can go from rest to all-out sprinting in a matter of seconds, whereas an endurance athlete can continue exercising for many hours at a time.



The skeletal and muscular systems work together to allow our bodies to perform a vast range of different movements. Our cardiovascular and respiratory systems act as a delivery service, working together to supply oxygen and nutrients to the body which in turn is used to produce energy for muscular contraction.

In order to appreciate how each of these systems function, you will study the structure of the skeletal, muscular, cardiovascular and respiratory systems. The human anatomy of these systems is very different but in terms of operation, each system is implicitly linked. Having an understanding of these body systems is imperative in the sport and active leisure industries in order to begin to appreciate how the body functions and how it copes with the many different stresses of exercise.

Scenario:

University places are extremely hard to get onto now days. You have applied for a place on a sports coaching degree. You have been called for an interview for a place on the course you want so much. As part of the application you must demonstrate a knowledge & interest in sport and the influences on performance. You have been given the topic of the Skeletal system to research & must be prepared to present and discuss fully in a discussion with an interview panel at the university.

Task 1

Using Powerpoint prepare slides for your discussion with your tutor:

- a) Find a blank picture of the AXIAL skeleton & label it
- b) Find a blank picture of the APPENDICULAR skeleton & label it



For each you will be required to describe: (a) where it is located, (b) the bones that form that part of the skeleton, (c) what that skeleton's function & role is & (d) What movement it allows DO NOT FORGET TO REFERENCE YOUR WORK & PICTURES

Task 2

Using Powerpoint prepare slides for your discussion with your tutor on the following:

a) The FIVE TYPES of bones: (1) Long Bones, (2) Short Bones, (3) Irregular Bones, (4) Flat Bones & (5) Sesamoid Bones.

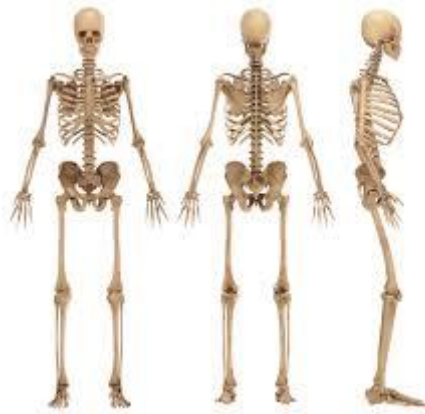


b) Have a picture/diagram (of the bone & its structure/make up), (B) Purpose/Job, (C) Examples of bones in this category & where these examples are found & why they are placed in this category.

Task 3

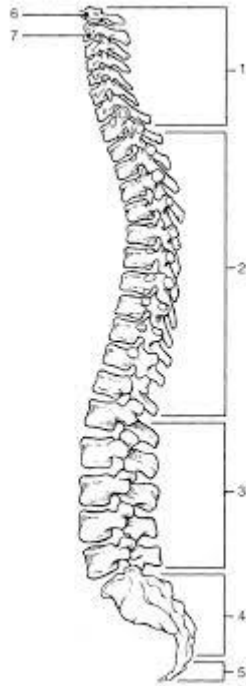
Using Powerpoint prepare slides for your discussion with your tutor on the following: Find a blank picture of the skeleton & then identify the following 21 bones on it to include;

cranium, clavicle, ribs, sternum, humerus, radius, ulna, scapula, ilium, pubis, ischium, carpals, metacarpals, phalanges x2, femur, patella, tibia, fibula, tarsals, metatarsals



Task 4

Using Powerpoint prepare slides for your discussion with your tutor on the following: a) Find a blank picture of the Vertebral Column & then identify each of the following regions: cervical, thoracic, and lumbar vertebrae, sacrum, coccyx



For each region you will need to identify & know: (A) how many bones make up that region, (B) the function of the region, (C) identify where the Atlas & Axis Bones are in the vertebral column & their function

Task 5

Using Powerpoint prepare slides for your discussion with your tutor on the following:
Prepare a slide on each of the FUNCTIONS OF THE SKELETAL SYSTEM which covers the following:

(A) What it is, (B) How the skeleton provides it & (C) why the function is important/useful



THE FUNCTIONS: support; protection; attachment for skeletal muscle; source of blood cell production; store of minerals

1. Reading List & useful websites

Unit 1 (exam) Books BTEC Nationals Sport Student Book 1 + Activebook: For the 2016 specifications (BTEC Nationals Sport 2016) [?] Revise BTEC National Sport Units 1 and 2 Revision Guide: Second edition (REVISE BTEC Nationals in Sport)

Unit 2 (exam) Books [?] BTEC Nationals Sport Student Book 1 + Activebook: For the 2016 specifications (BTEC Nationals Sport 2016) [?] Revise BTEC National Sport Units 1 and 2 Revision Guide: Second edition (REVISE BTEC Nationals in Sport)

Unit 3 (2 x assignments) Assignment 1:

Websites: Pearson website

<https://qualifications.pearson.com/en/qualifications/btecnationals/sport-2016.html>

Course materials -

<https://qualifications.pearson.com/en/qualifications/btecnationals/sport2016.coursematerials.html#filterQuery=category:PearsonUK:Category%2FSpecification-and-sample-assessments>

Assignment reference - <https://www.statista.com/statistics/641310/uk-estimatedwellness-and-fitness-market-size-development/>

Assignment reference - https://www.sportengland.org/media/3215/economic-value-of-sport_west-midlands_full-report-1.pdf

Assignment 2: Websites: Pearson website

<https://qualifications.pearson.com/en/qualifications/btecnationals/sport-2016.html>

Course materials -

<https://qualifications.pearson.com/en/qualifications/btecnationals/sport2016.coursematerials.html#filterQuery=category:PearsonUK:Category%2FSpecification-and-sample-assessments>

Job website - [https://www.uk sport.gov.uk/jobs-insport/Community-Cricket-Coach-North/West-Dorset-\(25hrs-perweek\)-UKSP-27533](https://www.uk sport.gov.uk/jobs-insport/Community-Cricket-Coach-North/West-Dorset-(25hrs-perweek)-UKSP-27533)

Job website - <https://jobs.theguardian.com/job/6782987/mallinsonfootball-club-mfc-football-coach/?LinkSource=PremiumListing>

Unit 4 (2 x assignments)

Assignments 1 + 2:

Websites: Pearson website

<https://qualifications.pearson.com/en/qualifications/btecnationals/sport-2016.html>

Course materials -

<https://qualifications.pearson.com/en/qualifications/btecnationals/sport2016.coursematerials.html#filterQuery=category:PearsonUK:Category%2FSpecification-and-sample-assessments>

Independent Research & Required Knowledge and Skills

In September 2019 you will be starting your BTEC L3 Sport course and in preparation for this I would like you to research and complete the activity below. The activity you will complete is the start of the first unit 3 assignment that you will complete.

Activity 1 Linked to Unit 3 – Working in the Sports Industry

***Scenario:** Imagine you are a careers advisor and are researching the different career opportunities in the sports industry for your students. You need to include some information on the industry.*

You need to:

Research the size of the sports industry Nationally, in London and in Barking and Dagenham.

Your research should cover the following topics from the specification:

The size, breadth and geographic spread of the sports industry, locally and nationally and factors that affect sports provision and employment opportunities.

Sport and recreation industry data, economic significance, number of jobs.

Geographical factors – location, environment, infrastructure, population.

Socio-economic factors – wealth, employment, history, culture, fashion and trend. ☒ Season factors, e.g. swimming pools that only open in the summer, summer camps holiday sports clubs, competition seasons, training camps.

Success criteria is based on:

Pass ~ Identify the size of the sports industry nationally, regionally and locally

Merit ~ Identify the size of the sports industry nationally, regionally and locally referring to research sources and multiple job roles within the sector.

Distinction ~ Identify the size of the sports industry nationally, regionally and locally referring to research sources and multiple job roles within the sector. Evaluate the impact of Geographical, Socio-economic and Seasonal factors on the size of the sports industry in local areas.

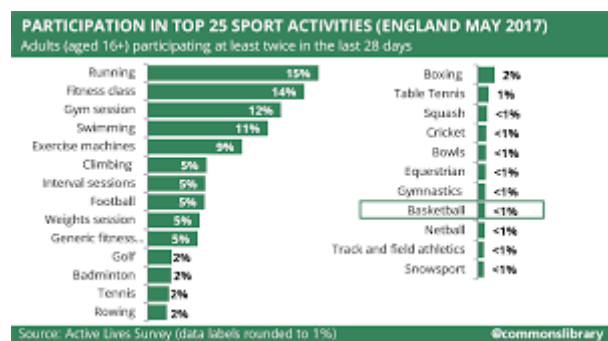
Key tips: ~ Use the exemplar work below to help you.

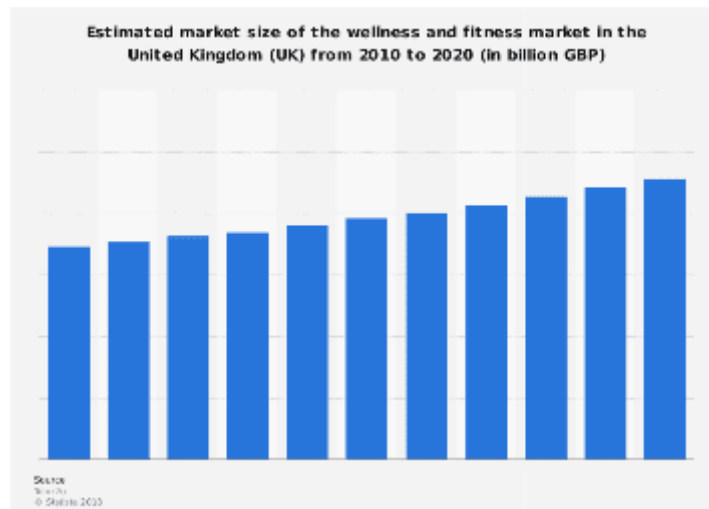
Hand in date

Your work is to be handed in on the first BTEC Sport lesson in September.

Exemplar Work

Size of the sports industry nationally UK Sports Industry worth £23.8 billion and holds nearly 1 million jobs. 1 Around 63% of men were active in sport compared to 58% of women, based on the Active Lives Survey data for year ending May 2017. 2 In this there is the voluntary sector, public sector and private sector where people can either pay for high end equipment and experience which is your private sector where you would have to pay premium prices or you could go to a public or voluntary sector which is just your normal fitness/gym facilities. Different sports have different funding's standards for example for the Tokyo 2020 Olympics team GB are spending £630,000 on archery compared to over £26 million in athletics.3 Funding levels in most sports have generally risen from London 2012 and dependent on how successful your sport is, is correspondent to how much funding your country will give you.



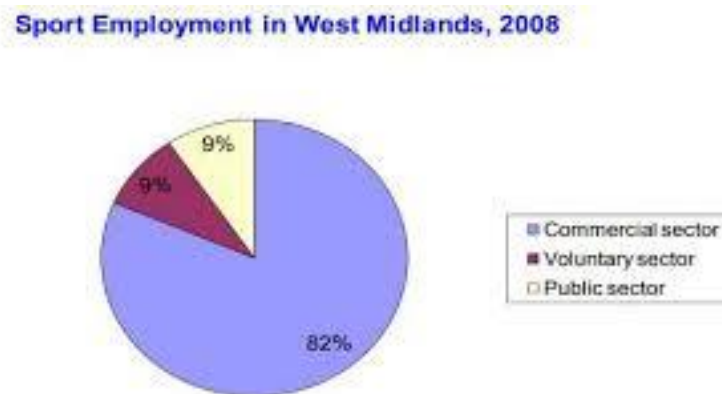


Oxford Economics has estimated that hosting the Olympics will contribute £16.5bn to overall gross domestic product through to 2017. The report claims that at its peak the games and its legacy will have created 62,000 jobs across the UK. Supported by the national lottery elite, sport is also receiving a guaranteed £125m of funding through to the next Olympics in Rio de Janeiro in 2016. A further £1bn has been committed by the Government to fund school sports over the same period. Sky came into the sport in 2008 providing £1m of sponsorship for the Great Britain track cycling team.

In 2016, 1.7 million people worked in the sport field in the EU, with the largest contribution from the United Kingdom (431 thousand) and Germany (243 thousand). In 2016, men accounted for 55 % of employment in sport in the EU, while 45 % of such jobs were occupied by women. Compared with the age structure of the total employed population, it is noticeable that young people account for a relatively significant share of sport employment: in 2016, over one third of sports workers in the EU (38 %) were aged 15–29, twice the figure for the total employed population (19 %). 11 Working hours can be long and seasonal. Employees are often required to work shift patterns and weekends. The biggest seasonal changes are in the outdoor and caravan sectors, where most jobs are created in the summer (SkillsActive, 2010). 12 About 47% of the industry is employed on a part-time basis, compared to 27% of the whole UK workforce (SkillsActive, 2010). The sport and leisure industry as a whole currently employs 663,300 people, which accounts for around 2% of the UK workforce (SkillsActive, 2010). 12 230,000 businesses and organisations throughout the country. 15% of all 16 to 18-year-olds starting an apprenticeship do so in the sport and fitness sector.13 This shows the huge size and importance of the sporting industry in the UK and how many people are interested in a career in this sector. In the UK you can pretty much do any sport that you want as we have the benefit of land and sea sports as we are an island so there is really no limit on what sport you can do. The main problem in the UK is the weather which often means that seas are too dangerous to participate in and some outdoor sports facilities might be waterlogged or the conditions are too bad. That's why in the UK there are lots of indoor sports facilities so that activities can still go on. Also seasonal factors will effect participation levels in the UK as hockey, football and rugby are winter sports and aren't played in the summer, whereas other sports like tennis and cricket which as summer sports.

In terms of sports infrastructure if the whole country likes doing a particular sports there will be more money in the sport. So when the Olympics is happening more money is pumped into athletics facilities rather than sports like shooting as more people in the UK prefer athletics. Also for example when Wimbledon is on more people will play tennis.

Size of the sports industry locally (west midlands)



Overall, sport participation figures for young people across the West Midlands are below the national average.⁵ Some websites believe that this is due to the majority of the west midlands being rich and saying the richer people have better opportunities to get involved into sports. In the west midlands there are a variety of football clubs such as Aston villa, wolves FC, Birmingham City and Walsall FC. All of these are professional football clubs and many have cheaper ticket prices so people in the local areas can watch and get inspired for playing sports and football. Also in 2022 the commonwealth games are being held in Birmingham and will improve the UK's economy by £1.1 billion and support around four and an half thousand jobs in the area. This will be good for the west midlands as the alexander stadium is being built up for a higher capacity and the whole sports facilities in the area are being improved for the games in 2022. This will help improve people get into sports in the area and improve the economy of the UK and Birmingham. ⁶ As the west midlands is in the centre of the country people will be drawn to land sports rather than water sports purely because there is no sea and not much water facilities in the area so most people are drawn to gyms, football and rugby clubs. Also the economics would affect how many people play sport and what sport they play. Places like London are much better off than people in the west midlands in general as they have higher paying jobs. This means that they can afford to play high cost sports like cricket, whereas others in the west midlands might not be able to afford the kit even if they wanted to play. This would draw them to less expensive sports like football.

Size of sports industry in Lichfield

56% of all adults want to do more sport. 39% of active adults want to do more sport 17% of inactive adults want to do more sport.

Socio-economic: The Lichfield sporting economy is worth £31.8 million and provides nearly 1000 jobs in Lichfield. People of the age of 16 and over play sport in Lichfield is 56.6% of the Lichfield population compared to 57% nationally. Also for the voluntary sector in Lichfield, 14.4% of the population have volunteered to help out in sporting events which is 1.2% higher than the national average.

Environmental and seasonal factors: In Lichfield there are two public sector sports facilities and many more private sector sports facilities such as David Lloyd and virgin active. As Lichfield is in the centre of the country there is more chance that people play traditional sports like hockey, football and rugby due to their presence in Lichfield and the surrounding areas, and are much less likely to participate in sports like surfing and rock climbing due to the lack of facilities in the area. Also due to the area that we live in there is no places where you could do extreme sports like rock climbing and water sports but somewhere like Dorset where you can do land and sea sports as there is flat land, cliffs and sea. Also some sports as seasonal for example football is played in the UK all year around except the summer which is a seasonal factor. Sport infrastructure: As Lichfield is a quite wealthy place, people are more likely to play sports such as hockey or rugby as they might have a disposable income where they can pay for the equipment, also due to the high presence in hockey teams and rugby teams in Lichfield, lots of people will be drawn to this. Also due to Lichfield being a wealthy place there is more chance of building high quality sports facilities as people have the money to pay for this such as David Lloyd.

Council run sports facilities in the Lichfield district:

Burntwood leisure centre

Friary grange leisure centre

Beacon park

In Lichfield people are more drawn to football, rugby and hockey due to the sports presence in the area so in Lichfield more money is put into these sports rather than sports such as skiing or rowing which you can't do in Lichfield.

Tips for success in Btec Sport

1. Research your topic thoroughly – the more sources you read the better your understanding will be.
2. Save the references of all sources in a word document, eg the website link or book title and author.
3. Use a checklist to ensure that you don't miss anything (if you miss one small piece of information it can prevent you meeting the assessment criteria.
4. Read through your work at the end to ensure it makes sense.
5. Liaise with your teacher, if you don't understand, ask. Not at the last minute either.