**PEARSON EDEXCEL BTEC LEVEL 3 EXTENDED CERTIFICATE IN SPORT (360 GLH)**

**Bridging Unit 2020**

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**Introduction**

This series of tasks and activities are designed to give you an insight into the Pearson EDEXCEL BTEC Level 3 Extended Certificate in Sport course. As part of the transition from year 11 Level 1/2 BTEC Sport to Level 3 BTEC Sport it is important to develop a greater understanding of certain aspects of the course which will help you over the next two years. Please complete the following booklet.

|  |  |
| --- | --- |
| **Name** |  |
| **School** |  |
| **Do you play sport?** |  |
| **If yes to the question above;**  **Team & League/Competitions** |  |
| **Other commitments e.g. part time jobs/gym membership** |  |

This booklet has been prepared by the PE Department for you to read and the work contained in it will ensure that you get off to a positive start in this subject area. It is very important that you read this booklet carefully over the summer and attempt to complete the work to the best of your ability and submit it to your teacher. This will be the first impression you create and is a real indicator of how seriously you are prepared to be in your studies.

**COURSE OUTLINE**

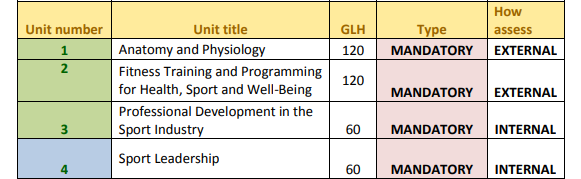
Eligibility for awards;

In ordered to awarded a qualification a learner must complete all units and achieve a pass or above in all mandatory units.

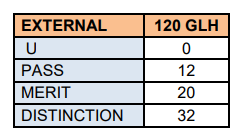
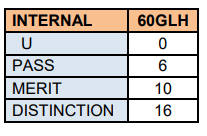
To achieve any qualifications grade, learners must;

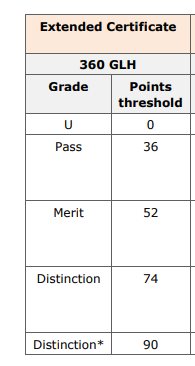
1. Complete and have an outcome (D, M P and U) for all units with a valid combination.

2. Achieve the required units at pass or above and for the Extended Certificate achieve a minimum of 360 GLH at a pass or above.



**Points available for internal & external units**





**PEARSON EDEXCEL LEVEL 3 EXTENDED CERTIFICATE IN SPORT**

**At a Glance**

**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.

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

**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 exam conditions.

**Internal assessment (Unit 3 Professional Development in the Sports Industry & Unit 4 Sports Leadership):**

Each student is allowed ONE submission for each assignment. Therefore, it is crucial that you get it right first time and meet the required assessment criteria. You should make sure that you fully understand the assignment or assessment task that you have been issued. Don’t be afraid to ask your unit teachers for help if you don’t understand what you need.

**UNIT 1 - ANATOMY & PHYSIOLOGY**

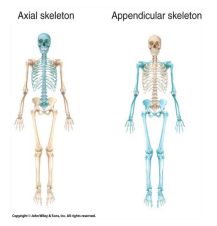
**Task 1**

Find a blank picture of the AXIAL skeleton and label it

Find a blank picture of the APPENDICULAR skeleton and label it

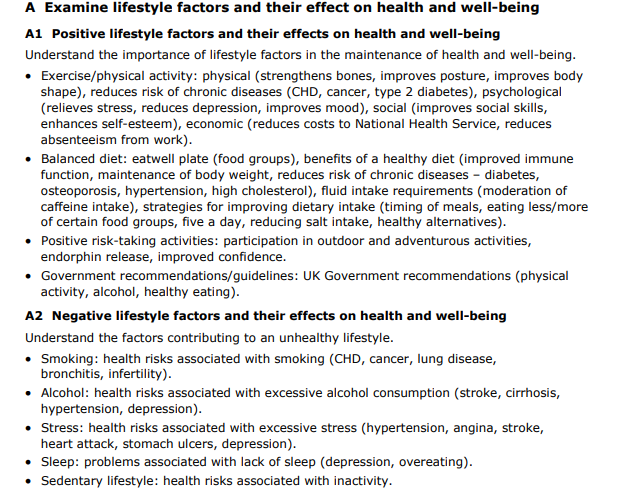
**Task 2**

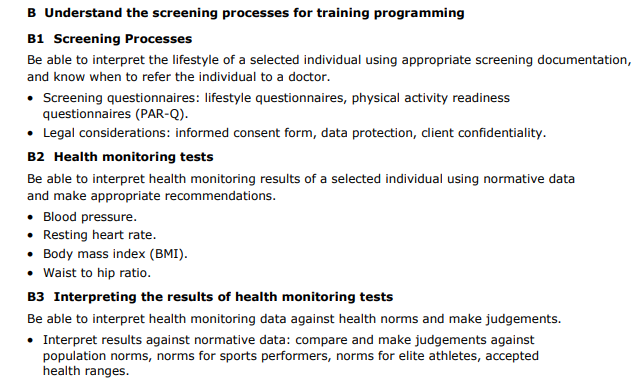
Research and explain the functions if the skeleton and the types of movements it allows (make sure you reference your research)

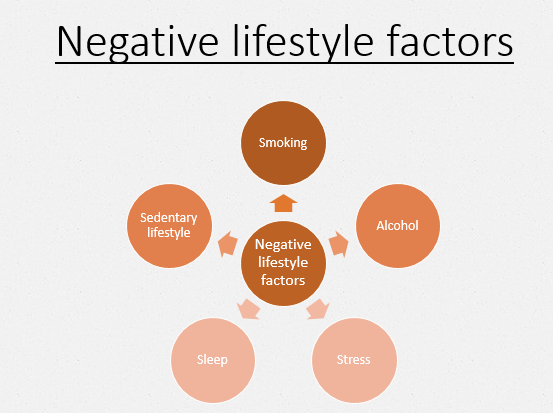


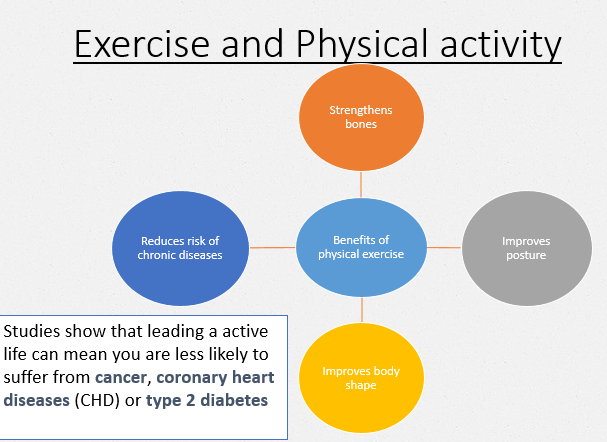
**UNIT 2 – FITNESS TRAINING & PROGRAMMING FOR HEALTH, SPORT & WELL-BEING**

**Positive & Negative Lifestyle Factors**

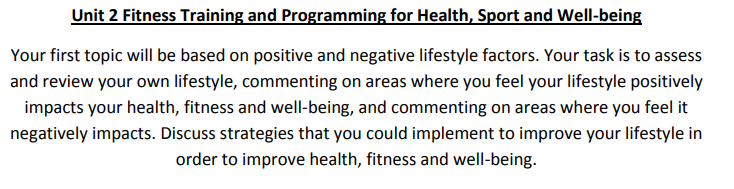








**Task 1**



Use the information from the course specification to help you consider your own lifestyle.

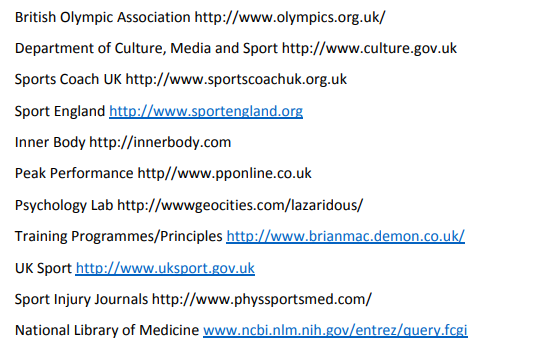
Produce an A4 page which summaries the key information making links to all negative and positive lifestyle factors.

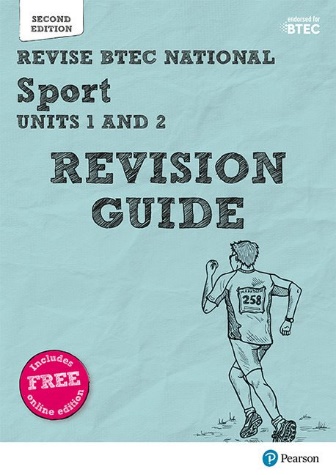
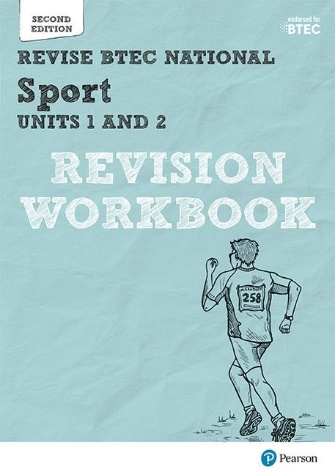
**LISTEN, WATCH, READ, STUDY**

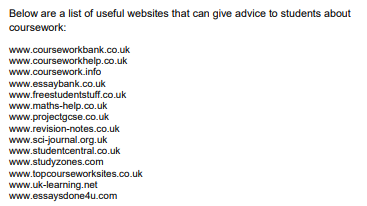
Highlight the tasks as you complete them

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| A close up of a logo  Description automatically generated  **Complete** this MOOC.  [Football: more than a game](https://www.futurelearn.com/courses/football)  *University of Edinburgh*  This course is open now! | A close up of a logo  Description automatically generated  **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.  [BBC](https://www.bbc.co.uk/programmes/p016tmfz/episodes/downloads) World Service: Sports hour  *BBC Programmes* | A close up of a logo  Description automatically generated  **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/football-helmets-dont-protect-against-concussion-and-were-not-sure-what-does/)  *Ideas TED* | A picture containing drawing  Description automatically generated  **Watch** this TED talk  which explores how racial stereotypes have infiltrated the language we use to discuss athletes.  [Shouldn’t sports be colour-blind](https://www.ted.com/talks/patrick_ferrucci_shouldn_t_sports_be_color_blind)  *TED Talks – Patrick Ferrucci* | A close up of a logo  Description automatically generated  **Complete** this course.  [Exercise prescription for the prevention and treatment of disease](https://www.futurelearn.com/courses/exercise-prescription)  *Future Learn*  *Available now or 4th May 2020* |
| A close up of a logo  Description automatically generated**Listen** to this radio programme.  This is a daily podcast bringing you the latest from the Premier League, EFL, European football and more.  [BBC](https://www.bbc.co.uk/programmes/p02nrsln/episodes/downloads?page=1) Radio 5 Live  *BBC Programmes* | A close up of a logo  Description automatically generated**Read** this article  which explores some of the key gender issues in sports.  [Sports](https://ideas.ted.com/sports-are-designed-around-men-and-that-needs-to-change/) are designed around men – and that needs to change  *Ideas TED* | A picture containing drawing  Description automatically generated**Watch** this TED talk.  [Are athletes really getting faster, better, stronger?](https://www.ted.com/talks/david_epstein_are_athletes_really_getting_faster_better_stronger)  *TED Talks – David Epstein* | **Listen** to this podcast in which Calum and Buncey react to KSI's split-decision victory over Logan Paul in Los Angeles.A close up of a logo  Description automatically generated  [KSI vs Logan Paul II](https://www.bbc.co.uk/sounds/play/p07tlt26)  *BBC Sounds* | A picture containing drawing  Description automatically generated  **Watch** this TED talk.  [My 12 pairs of legs](https://www.ted.com/talks/aimee_mullins_my_12_pairs_of_legs#t-454)  *TED Talks – Aimee Mullins* |
| A picture containing drawing  Description automatically generated**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/valorie_kondos_field_why_winning_doesn_t_always_equal_success)  *TED Talk – Valorie Kondos* | A picture containing drawing  Description automatically generated**Watch** this TED talk in which Christopher McDougall explores the mysteries of the human desire to run.  [Are](https://www.ted.com/talks/christopher_mcdougall_are_we_born_to_run) we born to run?  *TED Talk – Christopher McDougall* | A picture containing drawing  Description automatically generated**Watch** this TED talk. How much do you know about intellectual disabilities?  [Special Olympics let me be myself – a champion](https://www.ted.com/talks/matthew_williams_special_olympics_let_me_be_myself_a_champion)  *TED Talk – Matthews Williams* | **Watch** this TED talk. A picture containing drawing  Description automatically generated  Amazing, inspiring feats of daring and determination that will bring you everywhere from the high skies to the deep sea. (Playlist of eight talks).  [Extreme sports](https://www.ted.com/playlists/359/extreme_sports)  *TED Talks* | **Listen** to this podcast from the British Journal of Sports Medicine. It A close up of a logo  Description automatically generatedcovers all sorts of aspects of Sports Medicine, from the science behind running shoes to the power of sleep.  [BJSM Podcast](https://player.fm/series/1332)  *Also available on other podcast providers – search ‘BJSM’* |

**READING LIST**



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**FACULTY EXPECTATIONS**

There are some expectations that we set for all students who are studying BTEC Sport Level 3.

Students must bring their books, pens, pencils and a folder for their lessons.

It is expected that students attend all lessons promptly and in the correct uniform. If a student misses a lesson it is expected that they will speak to the member of staff who taught the lesson and catch up with the work.

Mobile phones are not to be used in lessons and must be switched off

Students will be provided with homework and coursework to be completed at home or in study time at school. It is expected that all students will hand their work in for marking promptly and to the best of their ability.

The workload is considerable and approximately six hours per week should be completed at home as independent research/study.

***We hope you manage to stay safe and remain active over the lockdown period and the summer holidays. We look forward to welcoming you in September 2020.***

***Mr Kyle***