

# **BTEC Level 3 Extended Diploma in Sport (Year 13) Summer Independent Learning 2021**

## **Preview section**

### **Compulsory Element**

This links into the topics you will be looking at in September.

This work is linked to Unit 19 – Development and Provision of Sport and Physical Activity

Click on the link or access via Teams. Read the chapter for Learning Aim A - [Unit 19 - Development and Provision of Sport Textbook](#)

### **Learning Aim A Unit Content - Principles of sports development**

#### **A1 Sports development**

Understand the terms and importance of sports development within sporting contexts using examples to encourage participation, inclusivity and progression.

- Participation:
  - o recreational
  - o competitive
  - o professional
  - o in a variety of roles – performer, official, coach, administrator, volunteer.
- Inclusivity:
  - o types of target groups
  - o gender
  - o age
  - o socio-economic
  - o ethnicity and disability.
- Progression along the sports development continuum.
  
- The sports development continuum: understand the levels –foundation, participation, performance, excellence and function of talent ID.

#### **A2 Participation barriers, solutions and impacts**

Understand factors impacting on participation and potential solutions to increase participation rates exploring examples within a sporting context.

- Barriers to participation:
  - o gender
  - o age
  - o socio-economic

- o ethnicity and disability.
- Solutions to barriers:
  - o concessionary rates
  - o promotions
  - o accessibility
  - o facilities
  - o equipment
  - o transport
  - o staffing and staff training
  - o education and publicity.
- Impact of sports development on:
  - o community cohesion
  - o health and wellbeing
  - o regeneration
  - o crime
  - o education.

### **A3 Sports development stakeholders**

Understand the roles and functions of people and organisations in sports development and have an awareness of sports development stakeholders, their function and key personnel within a sporting context.

- Sports development stakeholders in the wider sport development context – local, national and global level.
- Stakeholders:
  - o local authority
  - o Sport England
  - o UK Sport
  - o politicians
  - o facility management
  - o National Governing Bodies (NGBs)
  - o world governing bodies
  - o voluntary/public/private sector
  - o education providers
  - o healthcare providers.
- Stakeholder function:
  - o funding
  - o resourcing
  - o promoting
  - o coaching
  - o strategic planning
  - o research
  - o consultation groups.
- Key stakeholder personnel:
  - o sports-specific development officers
  - o community development officers

- o club officials
- o administrators
- o participants.

- o community leaders
- o local authority councillors

#### **A4 Methods of measuring sports development**

Understand the purpose, methods and importance of measuring sports development using sporting examples.

- Purpose of measuring sports development:
  - o meeting aims
  - o standardisation
  - o improvement
  - o impact
  - o success measures: effects on participation, inclusion and progression, education, drug use, crime, regeneration, health and wellbeing, community cohesion.
- Methods of measuring sports development:
  - o benchmarks
  - o quality schemes
  - o Key Performance Indicators (KPIs)
  - o primary data
  - o secondary research.

### **Task 1**

‘Sport development’ has the following three key principles behind it which are explored in this section.

- 1 To increase participation levels
- 2 To increase levels of inclusivity
- 3 To help people progress their level of sport along a ‘sport development continuum’.

**On a Word Document - Explain ‘Participation’, ‘inclusivity’ and the ‘sport development continuum’ in sport development**

### **Task 2**

Barriers to participation - gender, age, socio-economic, ethnicity and disability.

### Task 3

Understand the roles and functions of people and organisations in sports development and have an awareness of sports development stakeholders, their function and key personnel within a sporting context.

Create a table and complete

Stakeholder	What do they do?
<b>What are stakeholder functions?</b>	

<b>Who are key stakeholder personnel?</b>

## Task 4

Understand the purpose, methods and importance of measuring sports development using sporting examples.

**On a voice / video recording** – Create a 5 minute social media post explaining why we measure sport development and 1 way we can do it.

You can use Microsoft Teams or use an app on your phone.

### **Expanding your subject knowledge section**

This section is designed to develop your understanding of a sporting context and recent contextualisation in Sport and Leisure settings.

Choose 1 Option from the lists below and write a report (minimum 1 xA4) which;

Describes an overview of the Video/Book

Explains the relationship between the video/book and your BTEC Sport Course

Analyses the video/book and discuss your opinion and conclusion

Tick the boxes of the ones you are completing. Feel free to watch as many as you want if you have time

## Additional Recommended Element

# LEVEL 3 BTEC SPORT

## DEVELOP YOUR KNOWLEDGE OF SPORTING CONTEXT IN PREPARATION FOR YEAR 2 OF YOUR COURSE



### Books to Read

<p><b>The English Game</b> (Sport and Society)</p>	<p><b>All or Nothing</b> Manchester City</p>	<p>Subscribe to the Body Coach Live Mixes (Types of Training/Nutrition)</p>
<p><b>Unstoppable</b> (Sport Psychology)</p>	<p><b>All or Nothing</b> New Zealand All Blacks</p>	<p><b>Kobe Bryant</b> Black Mamba Doc</p>
<p><b>Icarus</b> (Drops/Performance)</p>	<p><b>This is Football</b></p>	<p><b>Being Serena</b> Series</p>
<p><b>Step at Nothing</b> (Doping in Sport)</p>	<p><b>4 Minute Mile</b></p>	<p><b>"Is Professionalism Killing Sport"</b> BBC Documentary</p>
<p><b>Coach Carter</b> (Sport Psychology)</p>	<p><b>The Program</b> (Lance Armstrong)</p>	<p><b>The Psychology of a Winner 2020</b> Documentary</p>
<p><b>The Game Changers</b> (Diet and Nutrition)</p>	<p><b>Andy Murray - Resurfacing</b> (Injury/Rehabilitation)</p>	<p><b>Trent Alexander Arnold</b> Living the Dream</p>
<p><b>Supersize Me</b> (Diet and Nutrition)</p>	<p><b>Dan Carter - Perfect 10</b></p>	<p><b>Tyrese Fury</b> Road to Redemption</p>
<p><b>Blindside</b> (American Football)</p>	<p><b>The Unknown Runner</b></p>	<p><b>Crossing The Line</b> Australian Cricket</p>
<p><b>Last Chance U</b> (American Football)</p>	<p><b>The Race to Dope</b> (Doping System in Sports)</p>	<p><b>Jürgen Klöpp</b> Journey to Top</p>
<p><b>The Last Dance</b> (Michael Jordan)</p>	<p><b>Muscle and Medals</b></p>	<p><b>Strive for Greatness</b> LeBron James</p>
<p><b>Losers</b> (Adversity in Sport)</p>	<p>Keep up to date with all the latest news in the world of sport, there is always something happening that links to the course.....</p>	
<p><b>Moneyball</b></p>		
<p><b>Formula 1 Drive to Survive</b></p>		

<p><b>Shoe Dog - Phil Knight</b> History/Story of Nike</p>
<p><b>Bounce - Matthew Syed</b> Neuroscience/Psychology</p>
<p><b>Black box thinking</b> Matthew Syed Psychology</p>
<p><b>Unbeatable - Jessica Ennis</b></p>
<p><b>No Limits - Michael Phelps</b></p>
<p><b>My Time - Bradley Wiggins</b></p>
<p><b>Between the lines - Victoria Pendleton</b></p>
<p><b>Legacy - James Kerr</b> All Blacks (New Zealand Rugby)</p>
<p><b>The Secret Race - Tyler Hamilton and Daniel Coyle</b> Drops/Energy systems/Endurance</p>

## Expanding your subject knowledge Learning Log

Record here any additional reading/viewing you are undertaking in order to show what you have been completing in order to prepare you for the course. Use the reading list on the previous slides you have been given for guidance on what you could you watch/read.

