

BTEC Level 3 Extended Certificate in Sport (Year12)

Summer Independent Learning 2021

Part 1 – Compulsory Element

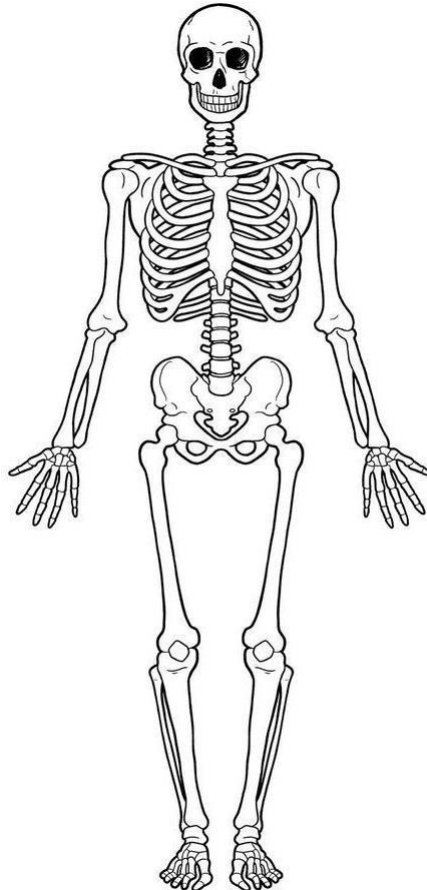
Preview section

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

- This work is linked to
 - Unit 1 - Anatomy and Physiology
 - Unit 2 - Fitness Training and Programming for Health, Sport and Well-being

Task 1

- **Label all the major bones** - cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column, femur, patella, tibia, fibula, tarsals, metatarsals.



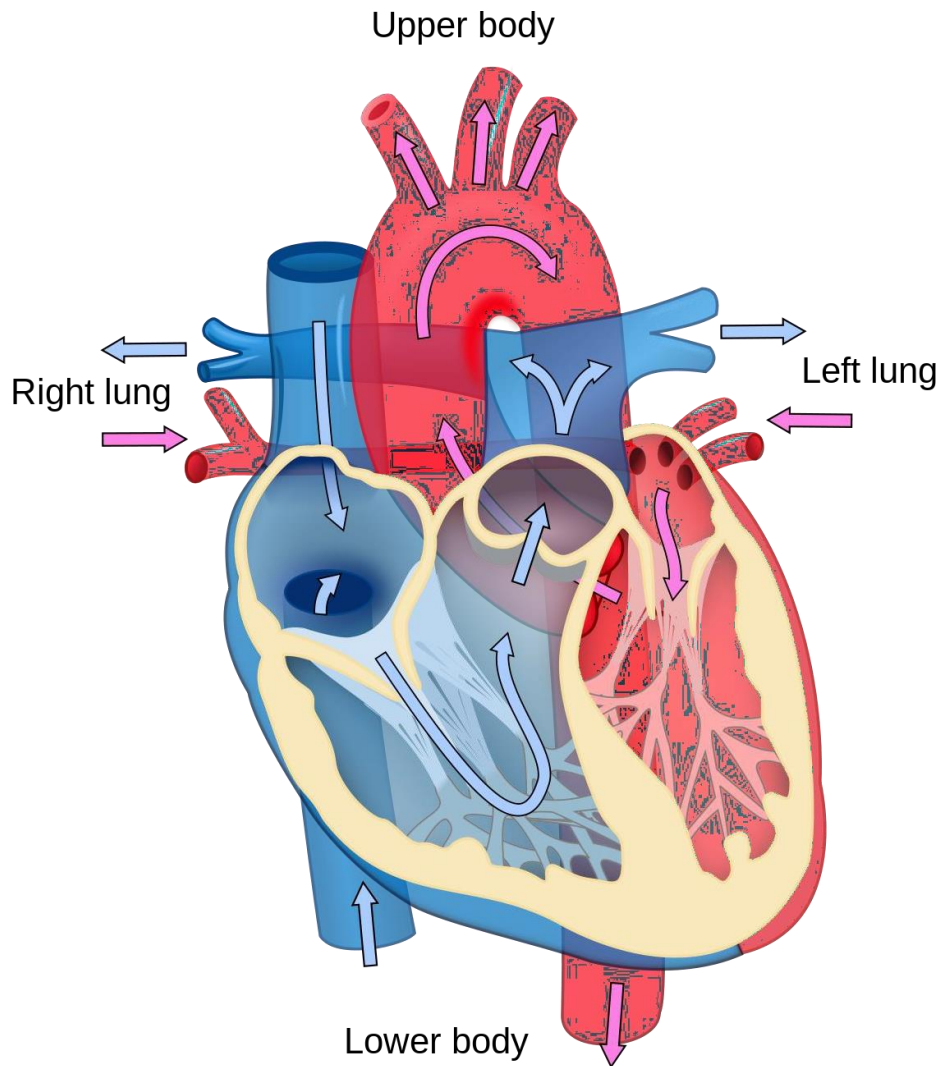
Task 2

- **Label all the major muscles** - Deltoids, biceps, triceps, wrist flexors, wrist extensors, supinators and pronators, pectorals, abdominals, obliques, quadriceps, hip flexors, tibialis anterior, erector spinae, trapezius, latissimus dorsi, gluteals, hamstrings, gastrocnemius, soleus.



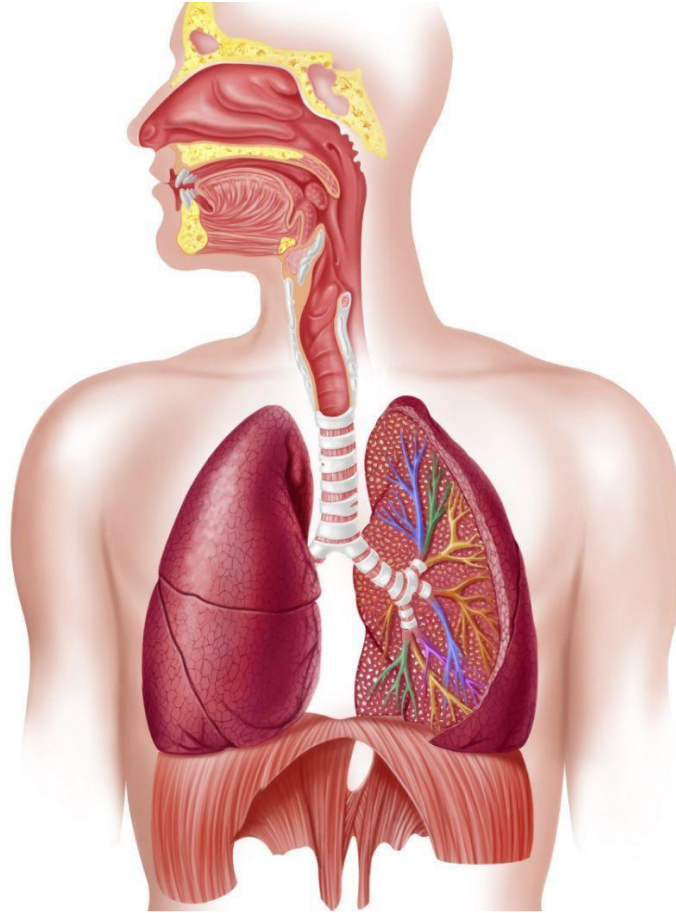
Task 3

- **Label the heart** - atria, ventricles, bicuspid valve, tricuspid valve, semi-lunar valves, septum, major blood vessels (aorta, vena cava, pulmonary artery, pulmonary vein), coronary arteries



Task 4

- **Label the respiratory system** - nasal cavity, epiglottis, pharynx, larynx, trachea, bronchus, bronchioles, lungs, alveoli, diaphragm



Task 5

Complete the table below

Lifestyle Factor	Recommended guideline
Physical Activity	
Alcohol	
Smoking	
Sleep	

Diet	Describe the Eat Well Guide -

Macronutrient	How much a day should you have?	Why do we need it?	What foods do we get it from?
Protein			
Carbohydrate			
Fat			

Task 6

Complete the table below

Type of Training	Description
Continuous training	
Circuit training	
Interval training	
Plyometrics	

Part 2 – Additional recommended Element

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

LEVEL 3 BTEC SPORT DEVELOP YOUR KNOWLEDGE OF SPORTING CONTEXT IN PREPARATION FOR YEAR 2 OF YOUR COURSE



Books to Read

The English Game (Sport and Society)		<input type="checkbox"/>
Unstoppable (Sport Psychology)		<input type="checkbox"/>
Icarus (Drugs/Performance)		<input type="checkbox"/>
Stop at Nothing (Doping in Sport)		<input type="checkbox"/>
Coach Carter (Sport Psychology)		<input type="checkbox"/>
The Game Changers (Diet and Nutrition)		<input type="checkbox"/>
Supersize Me (Diet and Nutrition)		<input type="checkbox"/>
Blindside (American Football)		<input type="checkbox"/>
Last Chance U (American Football)		<input type="checkbox"/>
The Last Dance (Michael Jordan)		<input type="checkbox"/>
Losers (Adversity in Sport)		<input type="checkbox"/>
Moneyball		<input type="checkbox"/>
Formula 1 Drive to Survive		<input type="checkbox"/>

All or Nothing Manchester City		<input type="checkbox"/>
All or Nothing New Zealand All Blacks		<input type="checkbox"/>
This is Football		<input type="checkbox"/>
4 Minute Mile		<input type="checkbox"/>
The Program (Lance Armstrong)		<input type="checkbox"/>
Andy Murray-Resurfacing (Injury Rehabilitation)		<input type="checkbox"/>
Dan Carter - Perfect 10		<input type="checkbox"/>
The Unknown Runner		<input type="checkbox"/>
The Race to Dope (Doping System in Sport)		<input type="checkbox"/>
Muscle and Medals		<input type="checkbox"/>

Subscribe to the Body Coach (Joe Wicks) (Types of Training/Nutrition)		<input type="checkbox"/>
Kobe Bryant Black Mamba Doc		<input type="checkbox"/>
Being Serena Series		<input type="checkbox"/>
"Is Professionalism Killing Sport" BBC Documentary		<input type="checkbox"/>
The Psychology of a Winner 2020 Documentary		<input type="checkbox"/>
Trent Alexander Arnold Living the Dream		<input type="checkbox"/>
Tyson Fury Road to Redemption		<input type="checkbox"/>
Crossing The Line Australian Cricket		<input type="checkbox"/>
Jurgen Klopp Journey to Top		<input type="checkbox"/>
Strive for Greatness Lebron James		<input type="checkbox"/>

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

Keep up to date with all the latest news in the world of sport, there is always something happening that links to the course.....

