

BTEC Level 3 Extended Certificate in Sport **(Year 12 Preview)**

Summer Independent Learning 2025

Part 1 – Compulsory Element

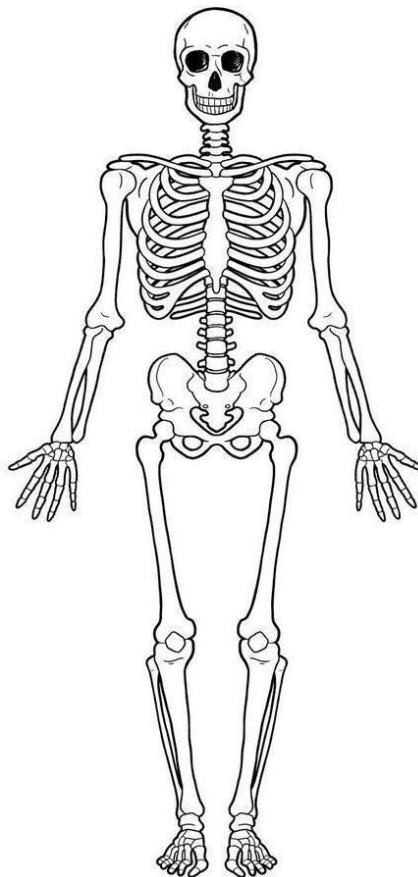
Preview section

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.



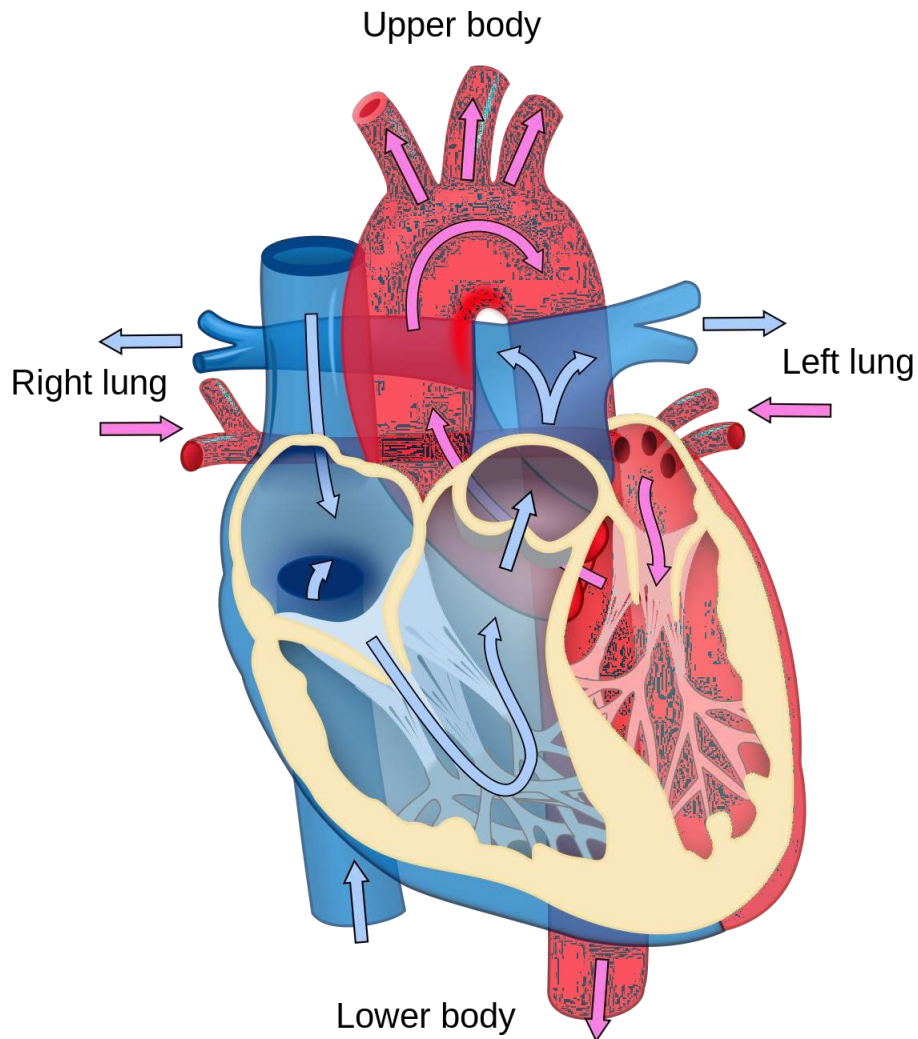
Task 2

- **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.



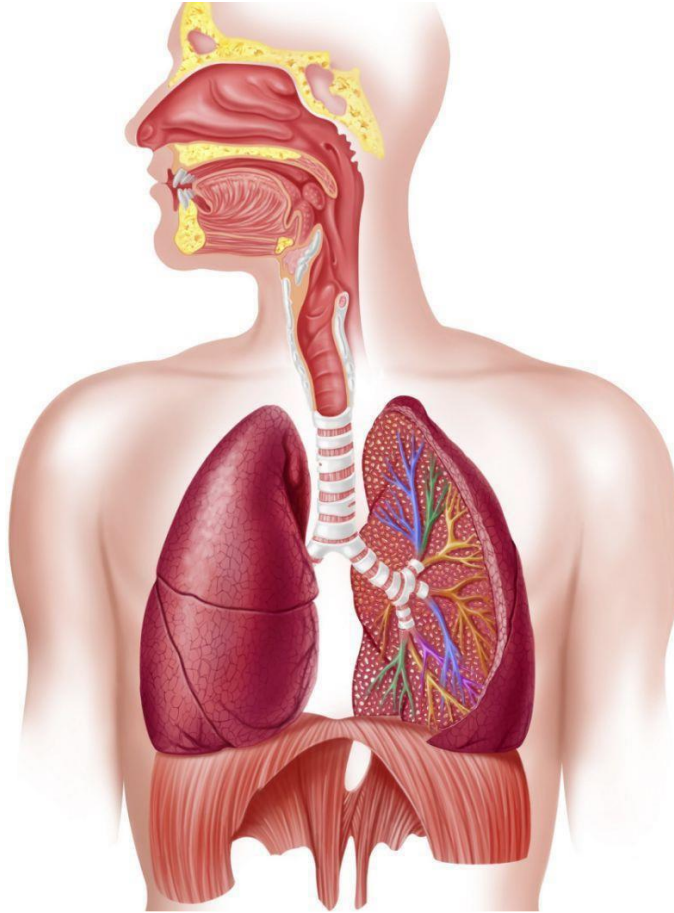
Task 3

- **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

<u>Type of Training</u>	<u>Description</u>
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

<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>The English Game (Sport and Society)</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>Unstoppable (Sport Psychology)</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>Icarus (Drugs/Performance)</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>Stop at Nothing (Doping in Sport)</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>Coach Carter (Sport Psychology)</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>The Game Changers (Diet and Nutrition)</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>Supersize Me (Diet and Nutrition)</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>Blindside (American Football)</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>Last Chance U (American Football)</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>The Last Dance (Michael Jordan)</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>Losers (Adversity in Sport)</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>Moneyball</td><td></td><td><input type="checkbox"/></td></tr> <tr><td>Formula 1 Drive to Survive</td><td></td><td><input type="checkbox"/></td></tr> </table>	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"/>	<table border="1" style="width: 100%; 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Keep up to date with all the latest news in the world of sport, there is always something happening that links to the course.....

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 Coyle
Drugs/Energy System/Dehydration

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.

[illegible]