



PE Department

Preparation for BTEC Sport

Help



Mr Sangha



Mr Smith

Course Details

Name: BTEC Level 3 National Extended Certificate In Sport

Duration: 2 year full time course

Assessment Structure: Two external examinations & two internal coursework based units

Units Covered: Unit 1, Unit 2, Unit 3 and Unit 7

BTEC Sport Specification

Please read through the BTEC Sport specification to gain an overall understating of the course itself and please pay particular attention to units 1, 2 3 and 7 as those are the units we will be covering.

[Link](#)

Please complete the tasks below in word/powerpoint

COMPULSORY

Unit 1 – Anatomy & Physiology

- List the major bones and muscles of the human body.
- What is the structure of the respiratory system? Please use a diagram/picture to illustrate your answer
- Describe the 3 main blood vessels of the human body.
- Explain/Analyse the role of ATP in exercise.

Unit 3 – Professional Development In The Sports Industry

- List as many careers and job opportunities that are available in the sports industry.
- Explain the role of a coach, nutritionist, sports psychologist and sports journalist.
- Complete a skills audit: Write down as many skills and qualities you personal possess. Make sure you find out the difference between the two first.

SUGGESTED

Unit 2 – Fitness Training and Programming for Health, Sport and Well-being



- Click the image above which will provide a link to a short YouTube video clip for you to watch.
- Based on the video clip can you list and describe the lifestyle factors which are highlighted and their effects on health and well-being.
- Can you describe and explain any lifestyle modifications?

VOLUNTARY

Unit 7 – Practical Sports Performance

Clicking on the image below can you:
 1) Identify 10 rules/laws of that sport
 2) List the officials in that sport
 3) Describe the role of each of the officials identified



Individual or Team Sport?

Can you pick 1 individual and 1 team sport and examine the key skills, techniques and tactics to that sport. For example, if you picked a team sport like football, you would need list some keys skills like passing and dribbling. You would then go on explain the technique of those skills, i.e. how to do it. Finally, tactics would be linked to formations etc.