



# BRIDGING THE GAP BTEC Level 3 Sport



Course Title	Examination Board & Web Address
BTEC Level 3 Sport (NCF) Extended Certificate	Pearson/Edexcel <a href="http://www.edexcel.com">www.edexcel.com</a>

What do I study?

**There are 3 mandatory units:**

Unit 1- Anatomy & Physiology (external examination) – Y12

Unit 2 - Fitness training & Programming for Health, Sport & well-being (external assessment) – Y13

Unit 3 - Professional Development in the Sports Industry (assignment based) – Y13

**One optional unit**

Unit 5 – Application of Fitness Testing – Y12

## Bridging Tasks

### **Part One:**

**Find out the answers to the following to help you with Unit 1:**

1. Section A: What are the main functions of, **and** which bones make up, the **axial** and **appendicular** skeleton?
2. Section B: What are the 3 different types of **muscle fibres** **and** which sports are they each most suited to?
3. Section C: Describe the changes that occur within the respiratory system when we start to exercise **and** explain why?
4. Section D: Explain the journey of a red blood cell through the heart and blood vessels, using as many anatomical words/phrases as possible (starting and ending in the **right atrium**).
5. Section E: Watch the following video clip ( [https://www.youtube.com/watch?v=S-TE\\_3iYBck](https://www.youtube.com/watch?v=S-TE_3iYBck) ) **and** then list the 3 main energy systems.

### **Part Two:**

#### **Learning Aim A - Principles of Fitness Testing**

Research the terms below in relation to fitness testing. Find a definition and then say why it is important to fitness testing:

- Validity
- Reliability
- Benchmarking Data

Research **Ethical Considerations** that must be adhered to when Fitness Testing and list what you would need to implement:

- Before testing commences
- During the testing session
- After the testing session

#### **Learning Aim B - Fitness Tests for Different Components of Fitness**

Choose either a team or an individual sport (preferably one that you take part in) and decide which **six** components of fitness are the most important for that sport (in order from 1 – most important to 6). If you use a team sport, you will need to say which position you are talking about.

For each of the 6 components of fitness that you have chosen, write a paragraph to say **'why'** it is important in that sport, using examples to strengthen your answer.

Finally, for each component of fitness that you have chosen, **research** what an appropriate fitness test might be to test an athlete/performer.

**Complete the tasks below to help you with Unit 5:**