



Course Title	Examinatio	n Board & Web Address
BTEC Level 3 Sport (NCF)	Pearson/Edexcel	www.edexcel.com
Extended Certificate		
	<u>What do I study</u> ?	
	are 3 mandatory units:	
	hysiology (external exam	-
Unit 2 - Fitness training & Programming Unit 3 - Professional Developme	•	•
	One optional unit	(assignment based) 115
	lication of Fitness Testing	– Y12
	Bridging Tasks	
art One:		
ind out the answers to the followi	ng to heln you with	Unit 1.
ind out the answers to the following	ng to help you with	Ont 1.
1. Section A: What are the main function	ons of, and which bones	make up, the <b>axial</b> and <b>appendicu</b>
skeleton?		
2. Section B: What are the 3 different typ	pes of <u>muscle fibres</u> and <u>r</u>	which sports are they each most suite
$\frac{to}{2}$		
<ol> <li>Section C: Describe the changes that o and explain why?</li> </ol>	occur within the <u>respirato</u>	ry system when we start to exercise
<ol> <li>Section D: Explain the journey of a red</li> </ol>	l blood cell through the <b>h</b>	eart and blood vessels using as man
anatomical words/phrases as possible	biood cell through the h	care and prova respense, using us man
	(starting and ending in t	he <b>right atrium</b> ).
5. Section E: Watch the following video c		-
		-
<ol> <li>Section E: Watch the following video of then <u>list the 3 main energy systems</u>.</li> </ol>		-
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<ol> <li>Section E: Watch the following video of then <u>list the 3 main energy systems</u>.</li> <li>Part Two:</li> </ol>	itness	pe.com/watch?v=S-TE_3iYBCk ) and
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Complete the tasks below to help you with Unit 5: