



# BRIDGING THE GAP

## BTEC 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>
<p><u>What do I study?</u></p> <p><b>There are 3 mandatory units:</b></p> <p>Unit 1- Anatomy &amp; Physiology (external examination) – Y12</p> <p>Unit 2 - Fitness training &amp; Programming for Health, Sport &amp; well-being (external assessment) – Y13</p> <p>Unit 3 - Professional Development in the Sports Industry (assignment based) – Y13</p> <p><b>One optional unit</b></p> <p>Unit 7 - Practical Sports Performance – Y12</p>	
<p><b><u>Bridging Tasks</u></b></p> <p><b><u>Part One:</u></b></p> <p><b>Find out the answers to the following to help you with Unit 1:</b></p> <ol style="list-style-type: none"><li>1. Section A: What are the <u>main functions of, and which bones make up, the <b>axial</b> and <b>appendicular</b></u> skeleton?</li><li>2. Section B: What are the 3 different types of <u><b>muscle fibres</b> and which sports are they each most suited to?</u></li><li>3. Section C: Describe the changes that occur within the <u>respiratory system</u> when we start to exercise <b>and</b> explain why?</li><li>4. Section D: Explain the <u>journey of a red blood cell through the <b>heart and blood vessels</b></u>, using as many anatomical words/phrases as possible (starting and ending in the <b>right atrium</b>).</li><li>5. Section E: Watch the following video clip ( <a href="https://www.youtube.com/watch?v=S-TE_3iYBCK">https://www.youtube.com/watch?v=S-TE_3iYBCK</a> ) <b>and</b> then <u>list the 3 main energy systems</u>.</li></ol> <p><b><u>Part Two:</u></b></p> <p><b>Complete the tasks below to help you with Unit 7:</b></p>	

	<p style="text-align: center;"><b><u>Rules in Sport</u></b></p> <p>Choose either a team or an individual sport (preferably one that you take part in) and make a list of the rules within that sport.</p> <p>Give as much detail as possible include the rule, what happens if the rule is broken and how it is enforced.</p> <p><u>Extension:</u> Give examples from your sport of how players/performers can use the rules to their advantage without breaking them. E.g. rugby players trying to hold the opposition down for as long as possible to give their defence chance to get set.</p>	<p style="text-align: center;"><b><u>Skills in Sport</u></b></p> <p>Choose either a team or an individual sport (preferably one that you take part in) and analyse 2 skills from that sport.</p> <p>To analyse a skill you should give an outline or exactly how it should be performed – the technical model. Use as much movement terminology (e.g. flexion/adduction) and sport specific terminology as possible.</p> <p>Then classify the skill on each of the following 4 continua: Open – Closed; Self Paced – Externally Paced; Gross – Fine and Simple – Complex. For each, give justification for why you have placed it where you have.</p>	
--	---	---	--