



BTEC Sport

Pre-course work



Pre-course expectations

Success in Sixth Form is largely a function of the amount and quality of independent study you carry out; here's a chance to help you get the very best start to your course. We would like you to complete the work described below and hand it in to your teacher in your first lesson in September. If you have made a late change to your timetable, please complete this work within the first week of starting the course. The work should take you 2-3 hours.

Details of pre-course work

- Whilst undertaking sport, activity or exercise consider the short and long term effects of exercise on your skeletal, muscular, respiratory and cardiovascular system. Create a slide for each system, outlining the short and long term effects.
- Consider the leadership characteristics and qualities you demonstrate during sport or activity; create a poster on what you think are the most important characteristics of an effective leader.
- For three consecutive days – keep a health and lifestyle diary. Note down everything you have eaten and drunk, what exercise/activity you took part in, your sleeping pattern and any other lifestyle choices you have engaged in that could positively or negatively affect your health.
- Research what roles/career you would consider in the sports industry. Make a list of possible career paths you are interested in.

Resources to help you with this work

BTEC National Sports Student Book 1 / 2 Active Book

<http://www.teachpe.com/anatomy-physiology/>

<https://www.pe4learning.com/>

<http://www.mypeexam.org/btec-sport-practice-paper-and-model-answers/>

Stretch yourself

Discuss how your skills, qualities and characteristics would ensure you can be successful in your chosen career paths