

# *BTEC L3 Extended Diploma in Sport*

*Read the full specification here:*

*<https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html>*

*This PowerPoint contains information regarding the units you will study in 2020-2021*

# Booklet Overview

This booklet has been put together to help you prepare for the course in September.

It contains a breakdown of the modules you will study across both the years, you can find more detail about all of these units on the Pearson website.

In preparation for the units in year 12, information has been provided in this booklet. Please complete the tasks at the bottom of each page to help you revise and extend your knowledge of the topic area.

For each unit there is also a small 'research task'. By completing these tasks you will find the beginning of each unit a lot easier. You can complete these on the computer or by hand - but be ready to bring them come September!!

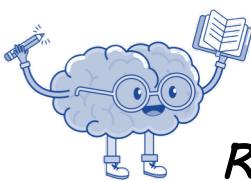
If you have any questions please contact me on:  
[cafl@riversidebardaglea.org.uk](mailto:cafl@riversidebardaglea.org.uk)

# Course Breakdown

Units Covered	When is it Studied	Hours on Unit	How it is assessed
1· Anatomy and Physiology	Year 12 (All terms)	120	Written Exam, 1·5 Hours, 80 Marks
2· Fitness Training and Programming for Health, Sport and Well-being	Year 12 (All terms)	120	Case- Study Exam, 2·5 Hours, 80 Marks
3· Professional Development in the Sports Industry	Year 12 (Term 1 and 2)	60	2 pieces of coursework
4· Sports leadership	Year 12 (Term 1 and 2)	60	2 pieces of coursework
7· Practical Sports Performance	Year 12 (All terms)	60	3 pieces of coursework
17· Sports Injury Management	Year 12 (Term 2 and 3)	60	2 pieces of coursework
32· Sports Massage	Year 12 (Term 2 and 3)	60	3 pieces of coursework
19· Development and Provision of Sport and Physical Activity	Year 13 (All terms)	120	tbc
22· Investigating Business in the Sport and Active Leisure Industry	Year 13 (All terms)	90	tbc
23· Skill Acquisition in Sport	Year 13 (All terms)	90	tbc
8· Coaching for Performance	Year 13 (Term 1 and 2)	60	tbc
9· Research Methods in Sport	Year 13 (Term 1 and 2)	60	tbc
5· Application of Fitness Testing	Year 13 (Term 2 and 3)	60	tbc
6· Sports Psychology	Year 13 (Term 2 and 3)	60	tbc

# Anatomy and Physiology

You will explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance. The anatomy and physiology of each body system and their processes are very different but work together to produce movement. You will gain a full appreciation of how the body is able to take part in sport and exercise through understanding the interrelationships between these body systems.



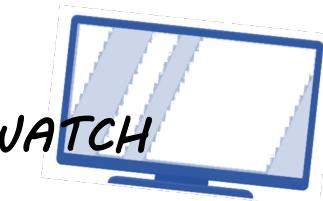
## REVISE

- ✓ Bones and muscles in the body
- ✓ The function of the skeletal system
- ✓ Function and structure of the respiratory and cardiac systems



## LISTEN

- ✓ Spotify - Simulated Altitude Training  
<https://open.spotify.com/episode/1laqIDpNJJX1TeHDagjJQx?si=m8EgwXsrSH6jYCIEvu7BCw>



## WATCH

- ✓ Netflix Film - Icarus



## RESEARCH TASK

Create a research poster on the following diseases:

- ✓ Skeletal Diseases
  - ✓ Arthritis
  - ✓ Osteoporosis
- ✓ Respiratory diseases
  - ✓ Asthma
  - ✓ Smoking Effects

# Fitness Training and Programming

## Health, Sport and Well-being

Assessment  
Scenario Exam  
2.5 Hours  
80 Marks

You will explore the process required for screening clients and assessing their lifestyle and nutritional intake. How to interpret this information will then be examined.

From this information you will explore how to make judgements on a specific individual's current lifestyle and then suggest modifications to help improve the individual's fitness, health and overall well-being. Fitness training methods will be

examined for each component of physical and skill-related fitness. The selection of appropriate training methods for a selected individual and their application into a training programme will then be explored. To complete the assessment task within this unit, you will need to draw on your learning from across your programme.



### REVISE

- ✓ Physical and skill related fitness components
- ✓ Fitness component testing
- ✓ Training methods



### LISTEN

- ✓ TED Talks - The brain changing effects of exercise

<https://www.youtube.com/watch?v=BHYOFxzOKZE>



### WATCH

- ✓ Netflix - Game Changers
  - ✓ Film - Bend it like Beckham
  - ✓ Documentary - SuperSize Me
- <https://watchdocumentaries.com/super-size-me/>



### RESEARCH TASK

Create a research poster on the following diet components.

- ✓ Components of a balanced diet
- ✓ Different ergogenic aids for training:
  - ✓ Energy drinks/gels
  - ✓ Types of protein drinks/foods
  - ✓ Carbo loading

# Professional Development in the Sports Industry

Assessment

2 pieces of coursework

You will research the different possible careers and the associated job roles in the sports industry, then action plan your development towards achieving a selected career aim.

You will analyse your own skills and identify how to develop them into a career through the use of a career plan. You will research your chosen career to understand how to access and progress within it.

You will take part in application and interview assessment activities for a selected career pathway, drawing on knowledge and skills from across the qualification to identify your own strengths and gaps in knowledge and skills. You will evaluate your own performance to gain an understanding of the generic employability and specific-technical knowledge and skills required to access and progress in a selected career pathway in the sports industry.

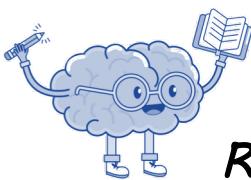
## RESEARCH TASK



- ✓ Create a CV for YOURSELF (you will need this for your coursework)
- ✓ Research jobs in the sports industry, what interests you?
- ✓ What experience do you need for what job?
- ✓ What qualifications do you need for what job?
  - ✓ University courses
  - ✓ Other routes

# Sports Leadership

Develop your confidence in a variety of different roles when leading sport. These roles range from coach, to official, to captain or personal trainer. You will be guided through the requirements of effective leadership and this will develop your knowledge and understanding of the leader's role, the key skills, qualities and characteristics. You will be required to take on the role of a leader and demonstrate the necessary range of skills for the selected leadership role independently and as part of a team, when planning and running an event.



## REVISE

- ✓ Key skills, qualities and characteristics of leaders in sport



## LISTEN

- ✓ Match of the Day Top 10

Premier League managers  
<https://www.bbc.co.uk/sounds/play/p088wb6r>

Premier League captains  
<https://www.bbc.co.uk/sounds/play/p086w1p3>



## WATCH

- ✓ Amazon Prime Series - All of Nothing All Blacks
- ✓ Amazon Prime Documentary - The Edge
- ✓ Film - Next Goal Wins  
<https://vimeo.com/344099378>



## RSEARCH TASK

Create flash cards on the following...

- ✓ Psychological factors that could impact leadership such as...
- ✓ Ringelmann Effect
- ✓ Social loafing
- ✓ Team cohesion

# Practical Sports Performance

This unit gives you the opportunity to improve your own knowledge and practical ability in a selection of individual and team sports. You will develop your own practical performance in selected sports, focusing on the application of skills, techniques and tactics and reflecting on your performance. This will be achieved through participation in practical activities, followed by a reflection on your performance. You will have the opportunity to practise and refine your individual skills and techniques, investigating and experiencing different areas of tactics and techniques. The rules and regulations of the selected sports are also investigated, since an awareness of the rules can often lead to an improvement in performance. To complete the assessment tasks within this unit you will need to draw on your learning from across your programme of study. This unit develops skills which help learners improve practical performance no matter what level of ability and can lead to a number of career pathways. Gaining all-round knowledge of practical sports performance will also help progression to roles as a sports leader, coach, sports instructor or physical education teacher through further study.



## REVISE

- ✓ Rules and regulations of your sport
- ✓ Tactics in your sport



## LISTEN

- ✓ Podcast Series on Spotify - Athletes Unfiltered



## WATCH - Films

- ✓ Coach Carter
- ✓ Cool Runnings
- ✓ Moneyball
- ✓ Chariots of Fire



## RESEARCH TASK

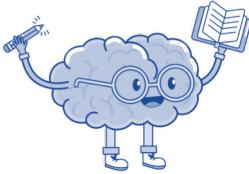
Research and create an information booklet on...

- ✓ Rules/regulations/tactics of your sport
- ✓ Major violations in the history of your sport
- ✓ Is your sport an Olympic sport, from when, which countries
- ✓ Watch elite/professional fixtures of your sports

# Sports Injury Management

To understand sports injuries effectively, you must be able to differentiate between acute and chronic injuries and have an appreciation for the types of injury that may be experienced within each classification. You must also have an awareness of the aetiology, mechanisms of injury and symptoms that can present for each injury. You will recognise the injury symptoms and understand physiological and psychological responses to injury, and will be able to make an informed decision regarding treatment at the time of injury.

You will be able to confidently and effectively apply first aid techniques and common treatment methods, and develop a functional rehabilitation program. Finally, you will be able to minimise the risk of injury and remove any factors which may predispose a person to injury. You will understand the components of the 'sequence of prevention' model, and introduce preventative measures in order to reduce risk and prevent injury occurrence.



## REVISE

- ✓ Bones and muscles in the body



## RESEARCH TASK

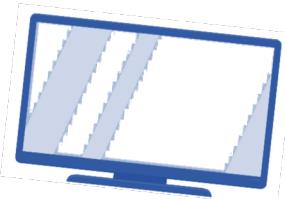
- Make a research poster explaining..
- ✓ Difference between overuse injuries and acute injuries



## LISTEN

- ✓ The Injured Athletes Club

<https://open.spotify.com/show/0Vli863dlVjRSVtuluza1T?si=JCp07uwxD-CjGHwhzybTQ>

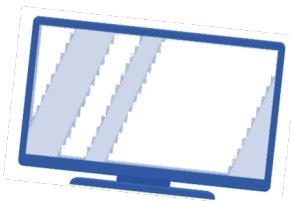


## WATCH

- ✓ Film - Friday Night Lights
- ✓ Documentary - Race across America  
<https://www.youtube.com/watch?v=uywdNcnvWrM>
- ✓ Documentary - Driven: Billy Monger Story  
<https://www.bbc.co.uk/iplayer/episode/p06qx4gt/driven-the-billy-monger-story>

# Sports Massage

In this unit, you will explore the sports massage profession, including the standards of industry practice, professional associations and the role of the sports massage practitioner. You will explore all components of consultation, assessment and sports massage in order to safely and effectively plan and conduct a treatment plan for two contrasting sports performers. Finally, you will explore the importance of sports massage to the sport and exercise performer, considering the physical, mechanical and psychological benefits.



## WATCH

- ✓ How to sports massage  
<https://www.youtube.com/watch?v=WjOhw6pXEHc>



## RESEARCH TASK

Create a small booklet or poster explaining....

- ✓ Different techniques of sports massage, for example  
<https://www.centreofexcellence.com/sports-massage-brief-guide/>