

Ormiston Bolingbroke Academy



BTEC First Level 3
In Sport Studies

Bridging the Gap

NAME:

.....

How Does the Course Work?

The BTEC National Diploma Level 3 in Sports Studies Single Course is made up of 4 Units in Year 1 and 3 Units in Year 2. The Dual Course is made up of 7 Units in Year 1 and 6 Units in Year 2.

Single in Black – Double in Red – triple in green

YEAR 1				
Term	Unit	Title	Credits	Level
1	7	Fitness Testing for Sport and Exercise	10	Cert(As-level)
	9	Practical Individual Sports	10	Sub Dip (A-level)
	22	Rules, Regulations and Officiating in Sport	10	Extra Dip
2	1	Principles of Anatomy and Physiology in Sport	5	Cert (As-level)
	2	The Physiology of Fitness	5	Cert (As-level)
	11	Sports Nutrition	10	Sub Dip (A-level)
	13	Leadership in Sport	10	Extra Dip
3	3	Assessing Risk in Sport	10	Cert (As-level)
	26	Work Experience in Sport	10	Sub Dip (A-level)
	15	Instructing Physical Activity in Sport	10	Extra Dip
YEAR 2				
1	8	Practical Team Sports	10	Cert (As-level)
	4	Fitness Testing and Programming	10	Sub Dip (A-level)
	14	Exercise, Health and Lifestyle	10	Extra Dip
2	4	Fitness Training and Programming	10	Cert (As-level)
	18	Sports Injury	10	Sub Dip (A-level)
	16	Exercise for Specific Groups	10	Extra Dip
3	18	Sports Injuries	10	Cert (As-level)
	5	Sports Coaching	10	Sub Dip (A-level)
	23	Organising Sports Events	10	Extra Dip

At the beginning of each assignment you will be given the unit description and the criteria that goes with it. You should always be aware exactly what it is you need to do to get 'pass', 'merit' or 'distinction' level.

What are 'pass', 'merit' and 'distinction'?

Pass, merit and distinction are the three levels of grades that you can achieve on this course. These are achieved through the successful completion of assignments. Pass is equivalent of a GCSE C, Merit is a B and Distinction is an A.

Are there any costs involved in the course?

You will be asked to pay toward the cost of trips and possible kit. (Please see your teachers if there is a problem with regards payment of trips, as other funding may be available.) Attending visits is a really important part of the course, as it will give you a wealth of knowledge and enable you to apply what you are learning to something you have seen on stage.

You can also purchase a t-shirt and a hoody for sixth form sports students only off Mr King. Please ask him about this.

What do we expect from you?

- ❖ Attend all classes
- ❖ Show your commitment to the course and respect for your group by being punctual
- ❖ Participate enthusiastically in lessons – Be prepared to share your ideas and bring independent research and work to the lesson.
- ❖ Keep notes and place your work in an organised and labelled folder
- ❖ Be prepared to complete *at least* 20-30 minutes at home each night to be on top of your work.
- ❖ Carefully prepare and submit assignments on time.
- ❖ Be sure to read feedback on assignments carefully – This will help you improve the standard of your work.
- ❖ Keep record of your grades on your tracking sheets that we will provide for you
- ❖ Attend arranged trips.
- ❖ Do not be afraid to ask us questions if you do not understand.
- ❖ Make sure that you are prepared for the lesson, with correct equipment and appropriately dressed.

What can I expect from the teachers?

In order to help you achieve your potential the teachers will:

- ❖ Ensure that you are aware of the requirements of the course, and know how to achieve the criteria available.
- ❖ Return all assignments promptly with helpful feedback
- ❖ Give you frequent individual feedback on how your work is progressing.
- ❖ Be available to meet with on 1:1 basis for extra support.



This induction work is due in during your first lesson. It is your entry ticket to the lesson. You must come with this completed, either hand written, typed up and printed out.

This unit is based on

Unit 1: Principles of Anatomy and Physiology which is a mandatory unit we go on to before Christmas.

Assignment 1: Know the structure and function of the Skeletal System

Scenario:

You are working as a fitness instructor in a local gym. Your supervisor has asked you to create a booklet for customers, which raises awareness of the main bones and muscles in the body. It is hoped that this booklet will help inform the wide range of clients in the gym on how to develop and maintain healthy strong bones.

1. Describe the structure and function of the axial and appendicular skeleton, including all the major bones. *Your manager provides very clear guidance on what he expects from you.*

- Provide a paragraph describing the axial skeleton
- Provide a paragraph describing the appendicular skeleton
- Discuss the structure of each bone and its location and include a diagram to illustrate the major bones.
- Describe the function of the skeletal system including support, protection, blood cell production, store of minerals etc. **(P1)**

Task 2:

Describe the different classifications of joints and the range of movements produced at each joint.

- Produce a large table to describe the structure and function of different classifications of joints and the range of movement each provides.
- Describe the different types of joints
- Explain clearly why different classifications of joints allow different ranges of movement. **(P2)**

Task 3:

- Using an outline of the human body, identify all of the major muscles and support with a locations column describing where each muscle of the muscular system is situated.
- Produce a table to provide description of the muscle and responsibility of movement. **(P3)**

You must use the internet for your research. Please complete this task on a computer on word or powerpoint.