

BTEC Sport

Transition Pack



BTEC Sport Level 3

Transition Booklet



Welcome!

First of all, welcome to BTEC Sport level 3. This transition pack is designed to help you prepare for this new course that you are interested in taking in September.

The pack includes an overview of what you will study during the first year of the course, should you join it, together with a series of introductory tasks for you to work through. The tasks are designed to help you get to grips with some of the key command words and key knowledge within the course, some are suggested and some are compulsory.

BTEC Sport is very different to the PE GCSE/BTEC sport level 2 you may have studied. The course contains 2 examined components that you will study in year 12 – Unit 1 Anatomy and Physiology and Unit 2 Fitness Training and Programming for Health, Sport and Well-being.

Completing this course successfully will prepare you well for any Sports related course at university as well as any Physiotherapy based degree course.

This qualification will support candidates working towards careers in teaching, education as a whole, counselling, sports psychologist, sports journalism, physiotherapy, sports and exercise scientist, public services, sports business and more.



BEC Sport Level 3

Unit 2: Fitness Training and Programming for Health, Sport and Well-being.



Unit in brief:

Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

Assessment outcomes

AO1 Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being.

AO2 Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals.

AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests.

AO4 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved.

AO5 Be able to develop a fitness training programme with appropriate justification.

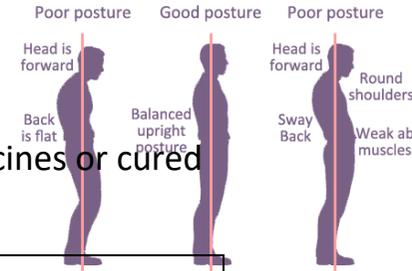
Physical Benefits of Exercise and Physical Activity:

Benefit	How & Why?
Strengthens bones	
Improves Posture	
Improves Body Shape	

Reducing risks of Chronic Illnesses

What is a Chronic illness?

A **chronic disease** is one lasting 3 months or more. **Chronic diseases** generally cannot be prevented by vaccines or cured by medication, nor do they just disappear.



Illness	Explanation
Coronary Heart Disease	
Cancer	
Type 2 Diabetes	

Psychological Benefits of Exercise and Physical Activity

Benefit

1. *Strengthens bones.*
2. *Improves posture.*
3. *Improves body shape.*

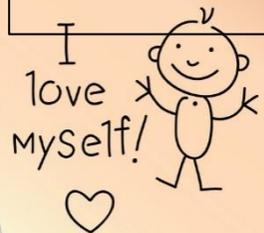
How & Why?

Social Benefits of Exercise and Physical Activity

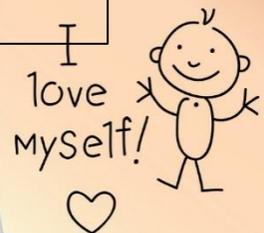
Benefit

Improves Social Skills

Enhances Self Esteem



How & Why?



Economic Benefits of Exercise and Physical Activity

Benefit

Reduces cost for NHS

*Reduces absenteeism
from work.*

How & Why?



Government Recommendations/Guidelines for Physical Activity

-Why do we need guidelines/recommendations from the Government?

-What are the recommended levels for Physical Activity for each age group?



Research Task 1

On one side of A4, design a questionnaire to investigate an individual's physical activity level.

- You need between 8-10 questions.
- You need to research the difference between open and closed questions.
- Your questionnaire will need a mixture of open and closed questions.

Remember to include all aspects of physical activity as well as durations and intensities.

You need to get 10 people to complete your questionnaire, you can do this through email.

Then you need to present your data in a pie chart.



Research Task 2

Create two posters one for each question below:

- Use pictures
 - Make it colourful
 - This can be done on paper or on word.
1. Explain how weight loss occurs?
 2. Explain how weight gain occurs?

Research Task 3

Research and create a PowerPoint presentation:

1. Identify each of the 11 components of fitness
 2. Identify whether it is skill or physical related
 3. Define each of the 11 components of fitness
 4. Explain how they can impact on a footballer/netballer's performance
 5. Identify the training method that improves the component of fitness
 6. Define the training method.
- You should have 11 slides minimum, 1 slide for each component of fitness answering each question above.