

Getting Ready For



Your Name

We are delighted you have chosen to study BTEC Sport at Haywards Heath College.

In this pack you will find the following documents

- **Equipment and Reading List**
- **A guide to your first year**
- **Sources/resources of information for the course**
- **SUMMER WORKING TASK**

BTEC Sport Kit List

Minimum Expected Practical kit

- 1 x HH Logo
T.Shirt
- 1 x HH Logo
Black Legging /
Tracksuit
Bottom

Optional Extras

- HH Logo Hoodie
- HH Logo Full Zip
Top

Academic PE



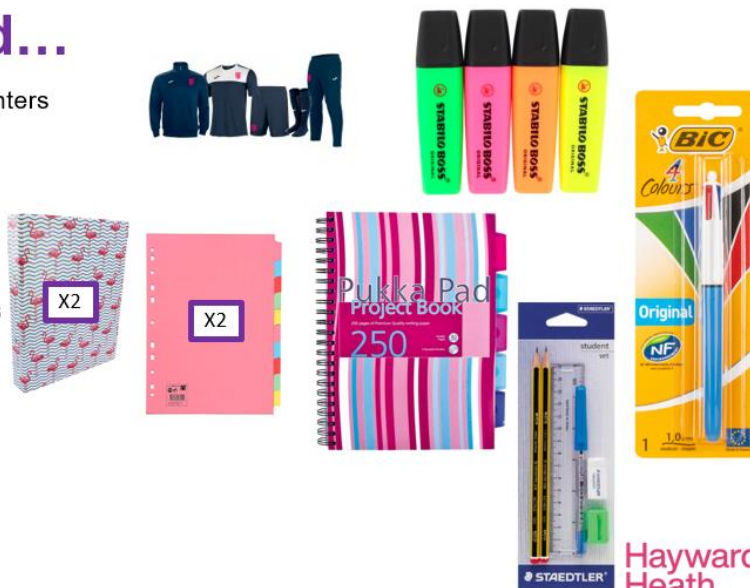
Available to Purchase from the HH Online



SCAN ME Shop and Broadwater Sports website: [Haywards Heath College – Broadwater Sports](#)

What you need...

- Different colour pens and highlighters
- Pencil, rubber and ruler
- Notepad
- 2 X A4 Ring-Binder Folders with s
Dividers
- Practical kit (Academy of Sport)
- Exam Booklets (letter to follow)
- Revision Guide (letter to follow)



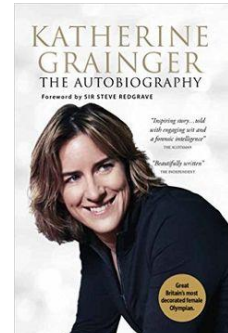
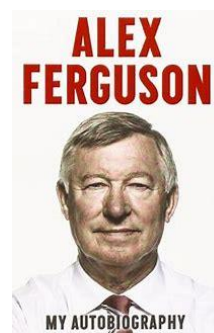
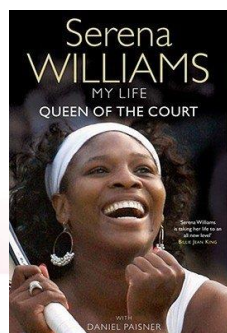
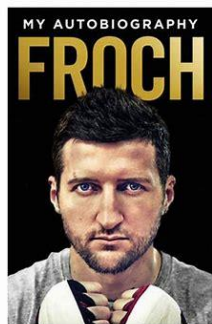
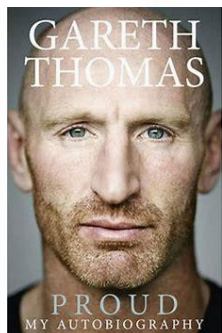
BTEC Sport Reading List

Please choose one Sporting autobiography to read over the summer. Be prepared to feedback on interesting points you have found.



Interesting Reads ideas...

- The Sporting Gene - David Epstein
- Football Against The Enemy by Simon Kuper (1994)
- Addicted by Tony Adams (1998)
- Muhammad Ali by various
- Slaying the Badger: LeMond, Hinault and the Greatest Ever Tour de France by Richard Moore (2011)
- A Good Walk Spoiled: Days And Nights On The PGA Tour by John Feinstein (1995)
- Open by Andre Agassi (2009)
- All Played Out by Pete Davies (1990)
- Beware of the Dog by Brian Moore (2010)
- The Hand of God: the Life of Diego Maradona by Jimmy Burns (1996)
- The Blind Side: Evolution of a Game by Michael Lewis (2006)
- The Illustrated History of Football by David Squires (2016)



Subject Specific Textbook

Pearson Education Limited – *Pearson BTEC National Sport Student Book 1* (Pearson, 2016)

- Pearson BTEC National Sport – Student Book 1 ISBN - 9781292134000
- Pearson BTEC National Sport – Student Book 2 ISBN – 9781292134062

Revision Guides

PLEASE PURCHASE to support your exam revision and consolidating knowledge.

Pearson REVISE BTEC National Sport Units 1 & 2 Revision Guide inc online edition - 2023 and 2024 exams and assessments: for home learning, 2022 and ... and exams (REVISE BTEC

Nationals in Sport) Paperback
IBN Number ISBN-10: **129223053**

Essential Academic Reading

1. BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book. Pearson, 2010. (ISBN 9781846906503) - Adams Metal, (2010)
2. BTEC National Sport: Level 3: Development, Coaching and Fitness. Hodder Education; London.- Rea, S, Stanford-Brown, J and Manley, C (2010).
3. Health Fitness Instructor's Handbook. Human Kinetics Europe. (ISBN 9780736042109) - Howley, E.T and Franks, B.D (2003)
4. Anatomy and Human Movement. Butterworth-Heinemann. (ISBN 9780750688147) Palastanga, N (2006).
5. Fitness and Health (Human Kinetics, 2006) ISBN 9780736056144 - Sharkey B J and Gaskill S E
6. Foundations of Sports and Exercise Psychology (5th ed.) - Weinberg R.S and Gould, D (2011) Human Kinetics; New York.

Extra Curricular Reading





1. British Association of Sport and Exercise Sciences www.bases.org.uk
2. Sharkey, B.J and Gaskill, S.E (2006). Fitness and Health. Human Kinetics. (ISBN 9780736056144).
3. Weinberg R.S and Gould, D (2011). Foundations of Sports and Exercise Psychology (5th ed.). Human Kinetics; New York.
4. Adams Metal, (2010) BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book. Pearson, 2010. (ISBN 9781846906503)

5. Rea, S, Stanford-Brown, J and Manley, C (2010). BTEC National Sport: Level 3: Development, Coaching and Fitness. Hodder Education; London.
6. Howley, E.T and Franks, B.D (2003) Health Fitness Instructor's Handbook. Human Kinetics Europe. (ISBN 9780736042109) 8. Palastanga, N (2006). Anatomy and Human Movement. Butterworth-Heinemann. (ISBN 9780750688147)
7. British Journal of Sports Medicine: <https://bjsm.bmj.com/>
8. Exercise and Sport Sciences Reviews: <https://journals.lww.com/acsm-essr/pages/default.aspx>
9. International Journal of Sports Science and Coaching:
<http://www.sapub.org/journal/aimsandscope.aspx?journalid=1111>

Websites

- www.brianmac.com
- www.teachpe.com
- NGB websites
 - www.thefa.com
 - www.englandnetball.co.uk
 - www.badmintonengland.co.uk
 - www.basketballengland.co.uk
 - www.rfu.com
- Sport England – www.sportengland.co.uk
- Youth Sport Trust – www.yst.co.uk
- Energy systems - <https://athleticlab.com/energy-systems-how-they-work-and-when-they-are-in-use-by-drake-webster/>
- Biomechanics - https://www.physio-pedia.com/Biomechanics_In_Sport
- Psychological factors -
<http://www.theyogicjournal.com/pdf/2018/vol3issue1/Part5/3-1-208-632.pdf>
- Women in sport -
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/416060/FINAL.pdf

TV Documentaries

| Netflix  | BBC i player  | BT Films  | Amazon Prime  |
|--|---|--|---|
| <i>Break Point</i> | <i>Once we were Lions</i> | <i>The Last Dance (2020)</i> | <i>Diego Maradona</i> |
| <i>Full Swing</i> | <i>Lance</i> | <i>Stop the Tour</i> | <i>All Or Nothing: A Season With The Arizona Cardinals</i> |
| <i>Drive to Survive</i> | <i>Shame in the Game</i> | <i>Greavsie</i> | <i>Andy Murray: Resurfacing</i> |
| <i>Athlete A</i> | <i>Hillsborough</i> | <i>Rocky and Wrighty</i> | <i>Building Jerusalem</i> |
| <i>Heart of Invictus</i> | <i>Step into the Ring</i> | <i>Rossi</i> | <i>Fire in Babylon</i> |
| <i>World Cup: The Greatest Show On Earth</i> | <i>The Edge</i> | <i>No Woman No Try</i> | <i>Fittest On Earth</i> |

Live sport

- Watching live sports
- Sky Sports News channels



- Active involvement in a sports club as coach or player is highly recommended.
- Attending live fixtures is good for understanding and enjoyable.
- Watching live sports on TV

Apps

- BBC Sport

- Sky Sports
- TalkSport
- Fitness Apps

| | |
|----------------|---------------------|
| Strava | Fiit |
| Runkeeper | Cyclemeter |
| MyFitnessPal | SWORKIT |
| Intervals | One You Couch to 5K |
| Nike+ Run Club | Lifesum |

Podcasts

[Women Who Sport](#)
[Give Me Strength](#)
[TRAINED](#) by Nike
[Biceps & Banter](#)



Social Media

HHC_Sport



https://instagram.com/hhc_sport?igshid=NTc4MTIwNjQ2YQ==



HH_College - [Haywards Heath College \(@hh_college\) on Instagram](#)






A Guide to Your First Year

Units of work covered and assessment pathways

| Unit of Work | Assessment Method | Content Overview |
|--|---|--|
| <p>Unit 1 Anatomy and Physiology</p>  | <p>External Assessed Exam in January 1.5 hours Mark out of 80</p> | <p>Explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance.</p> <p>You will discover how the anatomy and physiology of each body system and their processes are very different but work together to produce movement.</p> <p>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.</p> |
| <p>Unit 2 Fitness Training and Programming for Sport, Health and Well-Being</p>  | <p>External Assessment with 4 A4 side notes taken in with you 2.5 hours Mark out of 60</p> | <p>Explore the process required for screening clients and assessing their lifestyle and nutritional intake and how to interpret this information will then be examined.</p> <p>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.</p> <p>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.</p> |
| <p>Unit 3 Professional Development</p> | <p>Internal based assessment 2 separate Assignments</p> | <p>research the different possible careers and the associated job roles in the sports industry,</p> <p>Create an action plan your development towards achieving a selected career aim.</p> |

| | | |
|--|---|---|
|  | | <p>Analyse your own skills and identify how to develop them into a career through the use of a career plan.</p> <p>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.</p> <p>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.</p> |
| <p>Unit 4 Sports Leadership</p>  | <p>Internal based assessment 2 separate Assignments</p> | <p>Develop your confidence in a variety of different roles when leading sport. These roles range from coach, to official, to captain or personal trainer.</p> <p>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.</p> <p>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.</p> |
| <p>Unit 6 Sport Psychology</p> | <p>Internal based assessment 3 separate Assignments</p> | <p>Look at individual psychological factors that can influence performance, the psychological aspects of environments that sports are played in and the influences that others can have on performance.</p> |

| | | |
|---|---|--|
|  | | <p>You will look at how the functioning of a group can influence the outcome a sports team produces and how motivation can be developed and influenced.</p> <p>You will examine how arousal, anxiety, stress and self-confidence can affect performance and how these need to be controlled in order to achieve optimum performance.</p> <p>Finally, you will explore the psychological skills and programmes that can be used to improve performance</p> |
| <p>Unit 7 Practical Sport</p>  | <p>Internal based assessment 3 separate Assignments</p> | <p>Opportunity to improve your own knowledge and practical ability in a selection of individual and team sports.</p> <p>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.</p> <p>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.</p> |
| <p>Unit 9 Research Methods</p>  | <p>Internal based assessment 2 separate Assignments</p> | <p>Sports coaches, fitness instructors, personal trainers and other professionals are increasingly required to have a strong evidence base behind the work they carry out with their clients, so that they can offer them the best quality of support.</p> |

| | | |
|--|--|--|
| | | <p>Have a clear understanding of and skillset in research methods. This unit begins with you developing a clear grasp of research, the different types of research, how to search for and read different examples of research, and the importance of this for emerging sports practitioners.</p> <p>You will gain a clearer understanding of the different factors that can affect the quality of research, before progressing to understanding the importance of ethical research practices. You will finish the unit by developing practical skills in the use of different research methods</p> |
|--|--|--|

Assessment Timetable

| Assessment Type | Date | Location |
|--|-----------------------|---------------------|
| Getting ready for Pack / Summer working task Hand in | September 2023 | GF21 – PE Classroom |
| FPP1 – College Assessment | October 2023 | GF21 – PE Classroom |
| FPP2 - College Assessment | December 2023 | GF21 – PE Classroom |
| Unt 1 Anatomy and Physiology Exam | January 2024 date TBC | Sportshall |
| Unit 2 – Fitness Training Exam | January 2024 date TBC | Sportshall |
| FPP3 - College Assessment | February / March 2024 | GF21 – PE Classroom |
| FPP4 - College Assessment | May 2024 | GF21 – PE Classroom |

SUMMER WORKING TASK

| Skills Focus for this Getting Ready for Pack | |
|---|---|
| Effective note taking Basic knowledge building for Sport units Application of sporting examples | Summarising of information to identify key points Research skills to find and support answers Concise writing to provide answers in an effective and efficient manner |

| | | |
|---|---|-------------|
| BTEC (NQF) Level 3 Foundation Diploma Sport | Anatomy and Physiology (Unit 1) Fitness Training (Unit 2) Professional Development (Unit 3) Practical Sport (Unit 7) | Summer 2023 |
|---|---|-------------|

Instructions: This pack will help you make the best possible start to studying this subject.

The tasks in this pack:

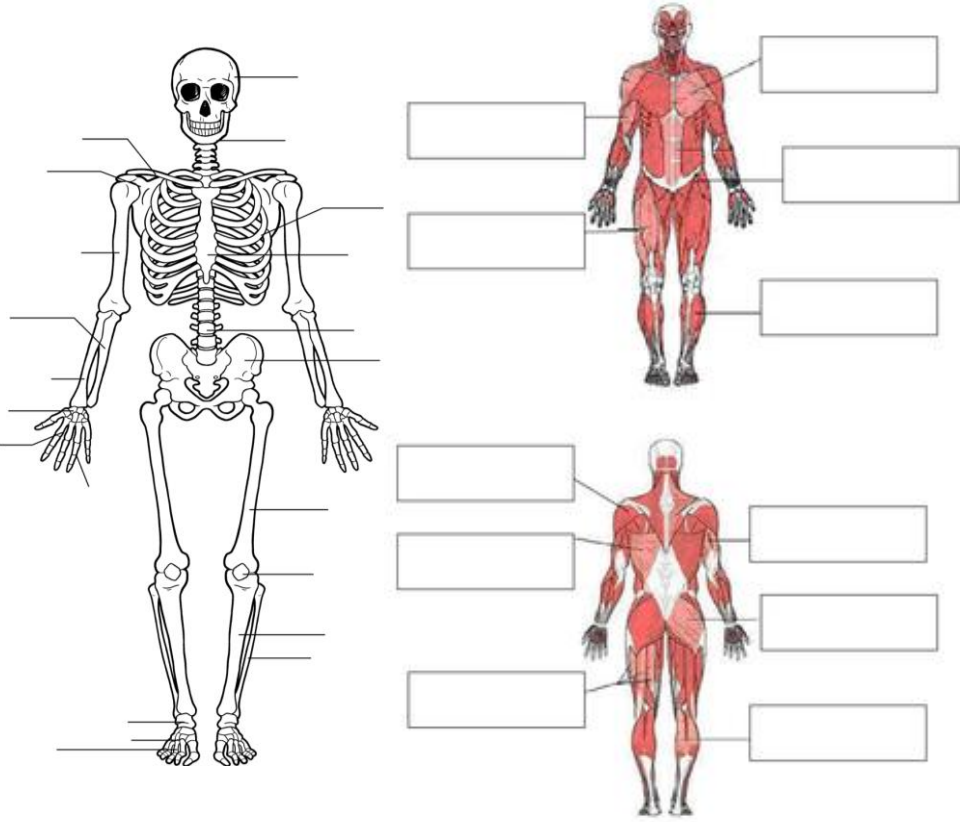

- should take you **about 4-6 hours to complete.**
- should be handed into your teacher when teaching starts **from 12th September 2022** with your name on it for assessment.
- are also available on the internet – follow the links in the document.

If you need help: The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at info@haywardsheath.ac.uk telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays.

What is in this pack?

This pack consists of a page of tasks for a selection of the units that you will be starting in September. The tasks will provide you with some of the basic knowledge required in those units. Within Unit 3 & Unit 7 the tasks will support you in completing your first assessment in these units in September. There are four units covered within this pack, these units are:

- Unit 1 – Anatomy & Physiology (examined unit)
- Unit 2 – Fitness Training & Programming for Health, Sport & Well Being (examined unit)
- Unit 3 – Professional Development in the Sports Industry (internally assessed unit)
- Unit 7 – Practical Sports Performance (internally assessed unit)

| Unit | Task and subject specific skill reference | Deadline | | | | | | | | | | | | | | |
|---|--|---|------------|-------------------|--|----------|--|--------------------|--|-------------|--|-------|--|------------------|--|---|
| <p>1 – Anatomy and Physiology</p> | <p>Task 1: Label the bones and muscles below:</p>  <p>Task 2: Make notes on the function of the skeletal system using this video:</p>  <p>Task 3: In an A5 poster format, What are the 3 types of muscle fibers and which sporting athletes benefit from each type. Use research and images to help you and reference your source.</p> | <p>11th September 2023</p> | | | | | | | | | | | | | | |
| <p>2 – Fitness Training & Programming for Health, Sport and Wellbeing</p> | <p>Task 1: Complete the fitness components definitions below:</p> <table border="1" data-bbox="284 1697 1259 1960"> <thead> <tr> <th>Fitness Component</th> <th>Definition</th> </tr> </thead> <tbody> <tr> <td>Aerobic Endurance</td> <td></td> </tr> <tr> <td>Strength</td> <td></td> </tr> <tr> <td>Muscular Endurance</td> <td></td> </tr> <tr> <td>Flexibility</td> <td></td> </tr> <tr> <td>Speed</td> <td></td> </tr> <tr> <td>Body Composition</td> <td></td> </tr> </tbody> </table> | Fitness Component | Definition | Aerobic Endurance | | Strength | | Muscular Endurance | | Flexibility | | Speed | | Body Composition | | <p>11th September 2023</p> |
| Fitness Component | Definition | | | | | | | | | | | | | | | |
| Aerobic Endurance | | | | | | | | | | | | | | | | |
| Strength | | | | | | | | | | | | | | | | |
| Muscular Endurance | | | | | | | | | | | | | | | | |
| Flexibility | | | | | | | | | | | | | | | | |
| Speed | | | | | | | | | | | | | | | | |
| Body Composition | | | | | | | | | | | | | | | | |

Task 2: Pick one fitness component and plan a gym session to develop it:



| Block 1 (warm up) | Block 2 (main exercises) | Block 3 (cool down) |
|-----------------------------|-----------------------------|-----------------------------|
| Exercise(s): | Exercise(s): | Exercise(s): |
| Duration: | Duration: | Duration: |
| Intensity/Sets/Reps: | Intensity/Sets/Reps: | Intensity/Sets/Reps: |

Struggling for ideas? Please use the videos below from our strength and conditioning partners at the Sussex Performance Centre on our Worthing Campus.

Task 3: Now do the session yourself. Tell us what went well and what went even better.

7 – Practical
Sports
Performance



Task 1: Watch a game of your choice. Pick a player and complete a notational analysis of them using the table below:

| Sport: | | Game: | | |
|------------------|---|---------------------|-----------------------|--------------|
| Player: | | Date: | | |
| Technique /Skill | Describe what does a successful attempt look like | Successful attempts | Unsuccessful attempts | % Successful |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |

Task 2: Now complete a pitch/court heat map of each touch the player makes:



**11th
September
2023**

| | <p>Task 3: Video yourself perform in either a team or individual sport and analyse like Tasks 1 and 2. (If this isn't possible, please select another video of a different performer from your chosen sport)</p> <p>Task 4: From the data gathered in tasks 1, 2 & 3, write about the strengths and weaknesses of your chosen player and your own performance. Please back your points by using the data you produced.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|----------------------------------|-----------------|----------------------------|-----------------------|--|--|----------------------|--|--|-----------------|--|--|----------|--|--|--------------|--|--|------------|--|--|-------------|--|--|------------|--|--|-----------|--|--|-----------------------|--|--|------------|--|--|---|
| <p>3 – Professional Development in the Sports Industry</p> | <p>Task 1: Research the skills required for THREE jobs using the career profiles link below:</p>  <p>Task 2: Complete a skills audit on your own levels of performance with examples:</p> <table border="1" data-bbox="284 804 1262 1285"> <thead> <tr> <th>Skills required to be employable</th> <th>Score out of 10</th> <th>Example to back your score</th> </tr> </thead> <tbody> <tr><td>Written communication</td><td></td><td></td></tr> <tr><td>Verbal communication</td><td></td><td></td></tr> <tr><td>Problem solving</td><td></td><td></td></tr> <tr><td>Teamwork</td><td></td><td></td></tr> <tr><td>Organisation</td><td></td><td></td></tr> <tr><td>Commitment</td><td></td><td></td></tr> <tr><td>Reliability</td><td></td><td></td></tr> <tr><td>Resilience</td><td></td><td></td></tr> <tr><td>Use of IT</td><td></td><td></td></tr> <tr><td>Literacy and numeracy</td><td></td><td></td></tr> <tr><td>Leadership</td><td></td><td></td></tr> </tbody> </table> <p>Task 3: Using a template of your choice, complete a CV as if you were applying for a Sports Career job. Use the following video to give you tips on how to do it. Please attach it to all your answers from this pack.</p>  | Skills required to be employable | Score out of 10 | Example to back your score | Written communication | | | Verbal communication | | | Problem solving | | | Teamwork | | | Organisation | | | Commitment | | | Reliability | | | Resilience | | | Use of IT | | | Literacy and numeracy | | | Leadership | | | <p>11th September 2023</p> |
| Skills required to be employable | Score out of 10 | Example to back your score | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Written communication | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Verbal communication | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Problem solving | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teamwork | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Organisation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Commitment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Reliability | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Resilience | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Use of IT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Literacy and numeracy | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Leadership | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |