

Getting Ready For ***Sport and Exercise Science***

Your Name		
BTEC (NQF) Sport and Exercise Science	Functional Anatomy (Unit 2) Sport Psychology (Unit 3) Sports Coaching (Unit 6) Fitness Training (Unit 8)	Summer 2025

We are delighted you have chosen to study Sport & Exercise Science at Worthing College.

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 Monday 8th September 2025** with your name on it for assessment.
- are also available on the internet – follow the links in the document.

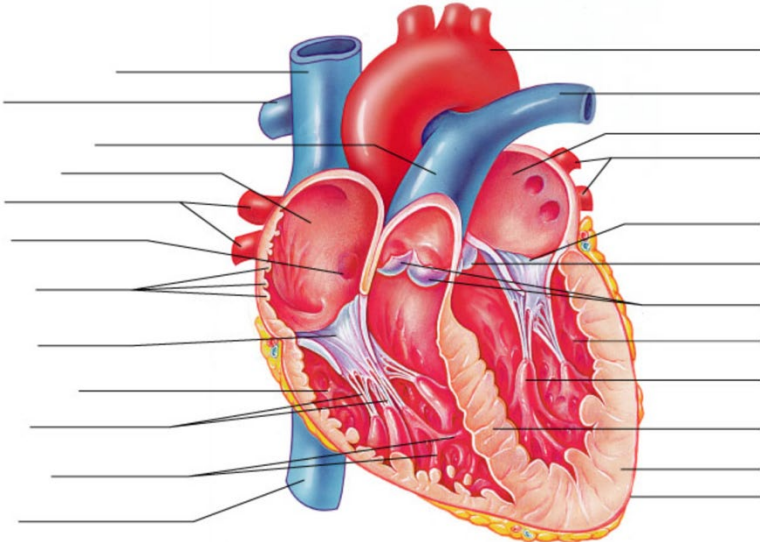

If you need help: The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at gettingreadyfor@worthing.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.

Skills Focus for this Getting Ready for Pack	
<ul style="list-style-type: none"> • Effective note taking • Basic knowledge building for Sport & Exercise units • Application of sport/sport & exercise science examples 	<ul style="list-style-type: none"> • 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

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 these units. Within Unit 6 & Unit 8 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 2 – Functional Anatomy (examined unit)
- Unit 3 – Applied Sport and Exercise Psychology (examined unit)
- Unit 6 – Coaching for Performance and Fitness (internally assessed unit)
- Unit 8 – Specialised Fitness Testing (internally assessed unit)

You need to work through the tasks on each page making sure that you complete all of them. Each page/unit should take you around 1-2 hours to complete. Due to formatting I would recommend that you print this pack before filling it in.

Unit	Task and subject specific skill reference																								
2 – Functional Anatomy	Task 1: Complete the anatomical definitions from the table below:																								
	<table><tr><th>Anatomical Term</th><th>Definition</th></tr><tr><td>Anterior</td><td></td></tr><tr><td>Posterior</td><td></td></tr><tr><td>Lateral</td><td></td></tr><tr><td>Medial</td><td></td></tr><tr><td>Proximal</td><td></td></tr><tr><td>Distal</td><td></td></tr><tr><td>Superior</td><td></td></tr><tr><td>Inferior</td><td></td></tr><tr><td>Peripheral</td><td></td></tr><tr><td>Superficial</td><td></td></tr><tr><td>Supine</td><td></td></tr></table>	Anatomical Term	Definition	Anterior		Posterior		Lateral		Medial		Proximal		Distal		Superior		Inferior		Peripheral		Superficial		Supine	
	Anatomical Term	Definition																							
	Anterior																								
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	Distal																								
	Superior																								
Inferior																									
Peripheral																									
Superficial																									
Supine																									
	Task 2: Label the heart below:																								
																									
	Task 3: Make notes on blood vessels using this video:																								
																									

Task 1: Define and provide examples for the 3 motivation definitions below:

Term	Definition	Examples
Intrinsic		
Extrinsic		
Amotivation		

Task 2: Make notes on Weiner's Attribution Theory using this Prezi:



Task 3: Make notes on the Need Achievement Theory using this video:



Task 1: Brainstorm the skills and knowledge requirements of a sports coach:



Task 2: Complete the qualities of a sports coach table below:

Quality	Description	Example	Ranking (1-5)

Task 3: Research and describe the 3 coaching best practice examples below:

Best Practice Opportunities	Description and Examples
Risk Assessments	
Equal Opportunities	
Qualifications / CPD	

Task 1: Define and provide examples for the components of fitness below:

Component of Fitness	Definition and Examples
Strength	
Cardiovascular Endurance	
Localised Muscular Endurance	
Explosive Power	
Speed	
Agility	
Balance and Proprioception	
Anaerobic Endurance	
Flexibility	
Reaction Time	

Task 2: Make notes below on the Principles of Fitness Training using this video:



Task 3: Using a template of your choice, plan a 45-minute gym session for an athlete in a specific position in your chosen sport. Once completed, attach it to all your answers from this pack.

Work Placement Week

All students are required to participate in a **compulsory** week-long work placement. It is recommended that the placement chosen is either relevant to your course, or relevant to what your future career aspirations are.

Work placement form submission deadline

<p>All L2 and L3 students studying on triple or double courses will be given their work placement week dates by their course leaders when they start in September.</p> <p>The deadline to submit your placement forms are as follows:</p>	Date of work placement week	Deadline for returning completed form
	Dec-25	24th October 2025
	January / February 2026	24th October 2025
	March / April 2026	19th December 2025
	May / June 2026	13th February 2026
<p>All students studying 2 or more single subjects will have the option of either carrying out their work placement during:</p> <ul style="list-style-type: none"> • February half term • Easter holidays • May half term • 22nd – 26th June 2026 <p>The deadline to submit your placement forms are as follows:</p>	Date of work placement week	Deadline for returning completed form
	February half term (16th - 20th February)	Friday 24th October 2025
	Easter holidays (27th March - 13th April)	Friday 19th December 2025
	May half term (26th - 29th May)	Friday 13th February 2026
	22nd – 26th June	Friday 1st May 2026