


## GETTING READY FOR PACK

### BTEC Level 3 National Certificate in Sport

We are delighted you have chosen to study within our Sport Department at Haywards Heath College

#### WHAT YOU WILL STUDY

<b>Unit/Topic:</b>	<p><b>Unit 1 Anatomy and Physiology:</b> Explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance. <b>External Assessed Exam in January. 1.5 hours. Mark out of 80</b></p> <p><b>Unit 2 Fitness Training and Programming for Sport, Health and Well-Being:</b> Explore the process required for screening clients and assessing their lifestyle and nutritional intake and how to interpret this information will then be examined, suggest modifications to help improve the individual's fitness, health and overall well-being. <b>External Assessment with 4 A4 side notes taken in with you. 2.5 hours. Mark out of 60</b></p> <p><b>Unit 3 Professional Development:</b> Discover the different possible careers and the associated job roles in the sports industry, and plan for recruitment along the way. <b>Internal based assessment. 2 separate Assignments</b></p> <p><b>Unit 7 Practical Sport:</b> Opportunity to improve your own knowledge and practical ability in a selection of individual and team sports. <b>Internal based assessment. 3 separate Assignments</b></p>
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WHAT YOU NEED	
<b>Kit List</b>	<p><b>Minimum Expected Kit</b> – HH Top or Jumper &amp; Shorts or Tracksuit bottoms</p> <p><i>Students will throughout the year be required to take part in practical sessions where we take the theory from the classroom and apply it sport and exercise both indoors, outdoors and in a gym environment.</i></p> <p><a href="#">Haywards Heath College - Broadwater Sports</a></p>
<b>Equipment</b>	<p><b>What you need...</b></p> <ul style="list-style-type: none"> <li>• Different colour pens and highlighters</li> <li>• Pencil, rubber and ruler</li> <li>• Notepad</li> <li>• 2 X A4 Ring-Binder Folders with s Dividers</li> <li>• Practical kit (Academy of Sport)</li> <li>• Exam Booklets (letter to follow)</li> <li>• Revision Guide (letter to follow)</li> </ul>  <p>Haywards Heath College</p>
<b>Essential Textbooks</b>	<ul style="list-style-type: none"> <li>○ Pearson BTEC National Sport – Student Book 1 ISBN - 9781292134000</li> <li>○ Pearson BTEC National Sport – Student Book 2 ISBN – 9781292134062</li> </ul>

ENRICHMENT	
	<ul style="list-style-type: none"> <li>• Solent University</li> <li>• Chichester University</li> <li>• Amex Stadium courtesy of BHAFC</li> <li>• Guest Speakers</li> <li>• Sports Awards</li> <li>• AOC Leadership Programme</li> <li>• Collaborative Work with Mid Sussex Active</li> <li>• Paddle board / Bouldering Trips</li> </ul>

**SUMMER WORKING TASK INFORMATION**

**Completion Date: First Lesson Week Commencing 9/9/24**

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.

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](mailto: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.

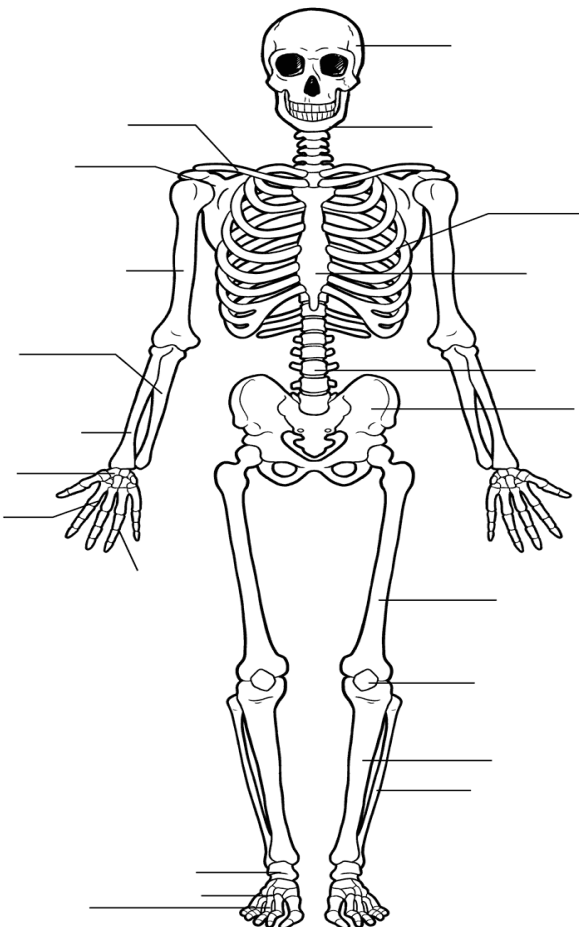
**SUMMER WORKING TASK**

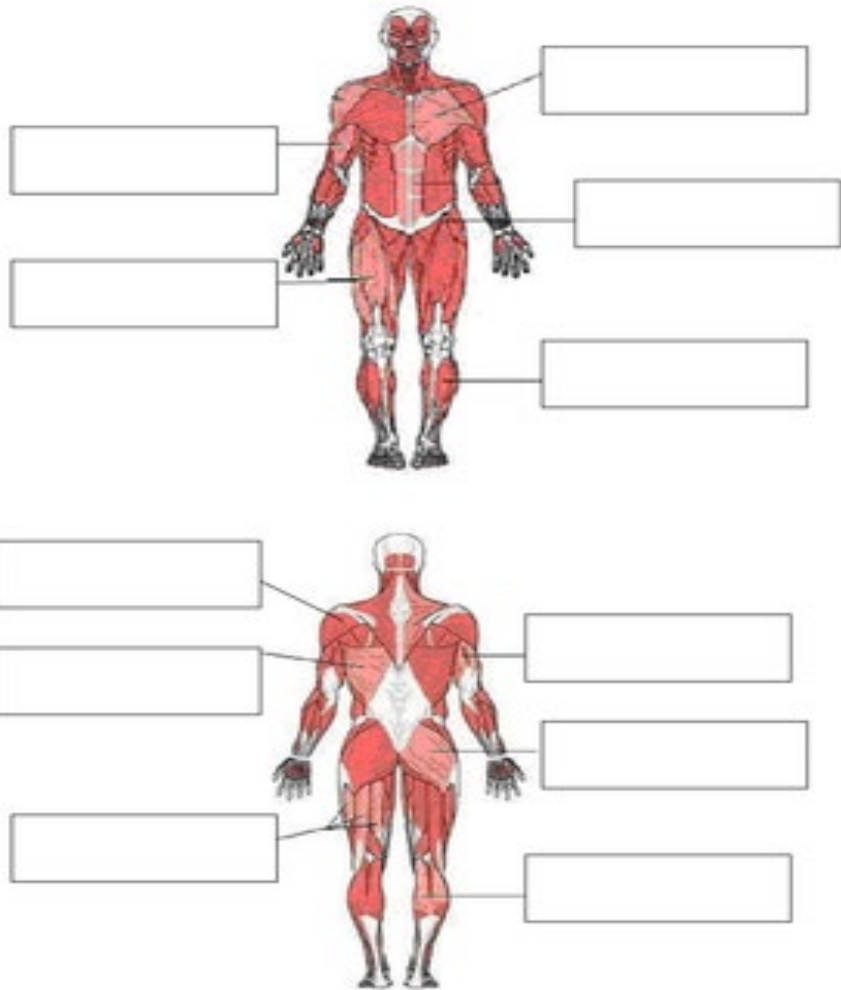
**Skills Focus**

- 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)

Task 1

Label the bones and muscles below:





**Make notes on the function of the skeletal system using this video:**  
[BTEC Sport Level 3 Unit 1 A2- Anatomy and Physiology Functions of the Skeleton - YouTube](#)

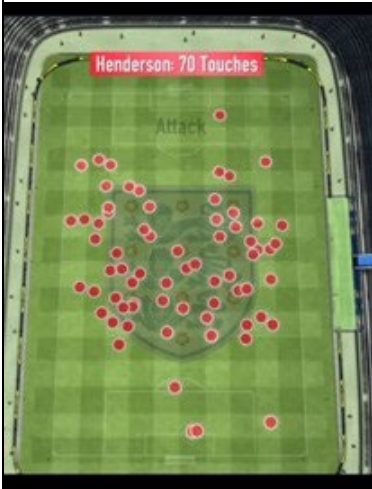
**In an A5 poster format, What are the 3 types of muscle fibers and which sporting athletes benefit from each type. Use research and images to help you and reference your source.**

**Task 2**

**Complete the fitness components definitions below:**

Fitness Component	Definition
Aerobic Endurance	
Strength	
Muscular Endurance	
Flexibility	
Speed	
Body Composition	

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

	<table border="1"> <tr> <td>Block 1 (warm up)</td><td>Block 2 (main exercises)</td><td>Block 3 (cool down)</td></tr> <tr> <td><b>Exercise(s):</b></td><td>Exercise(s):</td><td>Exercise(s):</td></tr> <tr> <td><b>Duration:</b></td><td>Duration:</td><td>Duration:</td></tr> <tr> <td><b>Intensity/Sets/Reps:</b></td><td>Intensity/Sets/Reps:</td><td>Intensity/Sets/Reps:</td></tr> </table> <p>Struggling for ideas? Please use the videos below from our strength and conditioning partners at the Sussex Performance Centre on our Worthing Campus.</p> <p><b>Now do the session yourself. Tell us what went well and what went even better.</b></p>	Block 1 (warm up)	Block 2 (main exercises)	Block 3 (cool down)	<b>Exercise(s):</b>	Exercise(s):	Exercise(s):	<b>Duration:</b>	Duration:	Duration:	<b>Intensity/Sets/Reps:</b>	Intensity/Sets/Reps:	Intensity/Sets/Reps:																												
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<b>Task 3</b>	<p><b>Task 1: Watch a game of your choice. Pick a player and complete a notational analysis of them using the table below:</b></p>  <table border="1"> <tr> <td colspan="2">Sport:</td><td colspan="3">Game:</td></tr> <tr> <td colspan="2">Player:</td><td>Date:</td><td colspan="2"></td></tr> <tr> <th>Technique/Skill</th><th>Describe what does a successful attempt look like</th><th>Successful attempts</th><th>Unsuccessful attempts</th><th>% Successful</th></tr> <tr> <td>1</td><td></td><td></td><td></td><td></td></tr> <tr> <td>2</td><td></td><td></td><td></td><td></td></tr> <tr> <td>3</td><td></td><td></td><td></td><td></td></tr> <tr> <td>4</td><td></td><td></td><td></td><td></td></tr> <tr> <td>5</td><td></td><td></td><td></td><td></td></tr> </table> <p><b>Now complete a pitch/court heat map of each touch the player makes:</b></p> <p><b>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)</b></p> <p><b>From the data gathered in tasks 1, 2 &amp; 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.</b></p>	Sport:		Game:			Player:		Date:			Technique/Skill	Describe what does a successful attempt look like	Successful attempts	Unsuccessful attempts	% Successful	1					2					3					4					5				
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3																																									
4																																									
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	<p><b>Complete a skills audit on your own levels of performance with examples:</b></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><b>Using a template of your choice, complete a CV as if you were applying for a Sports Career job.</b></p>		

RECOMMENDED READING/WATCH LIST	
Contextual Info – Over the Summer? During the course? Specifically linked to a topic/unit?	
<b>Book</b>	<p>1. BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book. Pearson, 2010. (ISBN 9781846906503) - Adams Metal, (2010)</p> <p>2. BTEC National Sport: Level 3: Development, Coaching and Fitness. Hodder Education; London.- Rea, S, Stanford-Brown, J and Manley, C (2010).</p> <p>3. Health Fitness Instructor's Handbook. Human Kinetics Europe. (ISBN 9780736042109) - Howley, E.T and Franks, B.D (2003)</p> <p>4. Anatomy and Human Movement. Butterworth-Heinemann. (ISBN 9780750688147) Palastanga, N (2006).</p> <p>5. Fitness and Health (Human Kinetics, 2006) ISBN 9780736056144 - Sharkey B J and Gaskill S E</p> <p>6. Foundations of Sports and Exercise Psychology (5th ed.) - Weinberg R.S and Gould, D (2011) Human Kinetics; New York.</p>
<b>Web</b>	<ul style="list-style-type: none"> <li>○ <a href="#">BrianMac Sports Coach</a></li> <li>○ <a href="http://www.teachpe.com">www.teachpe.com</a></li> <li>○ NGB websites <ul style="list-style-type: none"> <li>• <a href="http://www.thefa.com">www.thefa.com</a></li> <li>• <a href="http://www.englandnetball.co.uk">www.englandnetball.co.uk</a></li> <li>• <a href="http://www.basketballengland.co.uk">www.basketballengland.co.uk</a></li> <li>• <a href="#">Follow   Rugby Football Union</a></li> </ul> </li> <li>○ Sport England – <a href="http://www.sportengland.co.uk">www.sportengland.co.uk</a></li> </ul>



	<ul style="list-style-type: none"> <li>○ Energy systems - <a href="https://athleticlab.com/energy-systems-how-they-work-and-when-they-are-in-use-by-drake-webster/">https://athleticlab.com/energy-systems-how-they-work-and-when-they-are-in-use-by-drake-webster/</a></li> <li>○ Biomechanics - <a href="https://www.physio-pedia.com/Biomechanics_In_Sport">https://www.physio-pedia.com/Biomechanics In Sport</a></li> <li>○ Psychological factors - <a href="http://www.theyogicjournal.com/pdf/2018/vol3issue1/PartS/3-1-208-632.pdf">http://www.theyogicjournal.com/pdf/2018/vol3issue1/PartS/3-1-208-632.pdf</a></li> <li>○ Women in sport - <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/416060/FINAL.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/416060/FINAL.pdf</a></li> </ul>

### 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)



