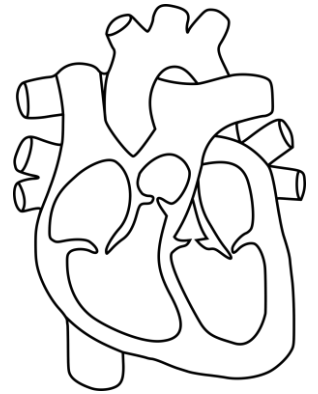
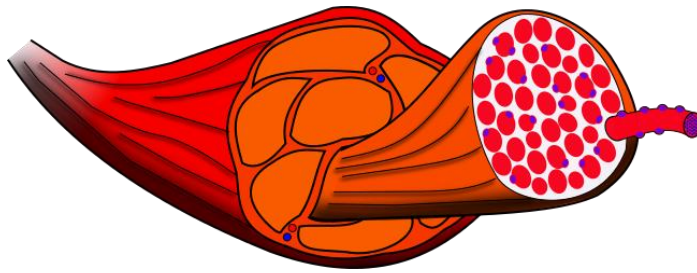


Level 3 National Extended Certificate in Sport

Pre-Course Materials Booklet



Unit 1: Anatomy & Physiology

Unit 7: Practical Sports Performance

Welcome to Sport!

This booklet prepares you for Level 3 Sport by exploring some of the content that we will cover in Y12.

Tasks (you can complete these on paper or on computer)

Task 1

Label the skeleton in as much detail as possible from both the posterior and anterior views.

Task 2

Label the muscular system in as much detail as possible from both the posterior and anterior views.

Task 3

Design 3 different training programs; one for a marathon runner, one for a long jumper and one for a shot putt thrower. Justify your choices of the key training methods you have applied within the program.

Questions

1. Explain how blood is redistributed to the working muscles. (3 marks)
2. Explain how oxygen diffuses from the lungs into the blood and how it is transported to the tissues. (4 marks)
3. Describe the characteristics of the main muscle fibre type used by sprinters. (4 marks)
4. Name the type of muscle contraction that occurs when kicking a football in a penalty shootout and identify the agonist and antagonist. (3 marks)
5. Basketball players need good cardiovascular endurance. State two classes of food that are most suitable for players who require cardiovascular endurance and explain why they are needed in their diet. (3 marks)

Diagram for Task 1



Diagram for Task 1



Diagram for Task 2



Diagram for Task 2



STUDENT NAME-

TITLE OF THE SPORTS COURSE -Pearson BTEC Level 3 National Extended Certificate in Sport

During this course you will complete 4 units.

In Year 12

Anatomy and Physiology

Practical Sports Performance

In Year 13

Fitness Training and Programming for Health, sport and Well-Being

Professional Development in the Sports industry

PRACTICAL SPORTS PERFORMANCE

This unit will be assessed by 2 assignment being handed in.

First assignment - You will research about National Governing Body rules/laws and regulations for your two selected sports competitions and then examine the skills, techniques and tactics required to perform in your two selected sports.

Second assignment-You will participate and develop your skills, techniques and tactics in your two sports and then reflect on own practical performance.

The Following are pre- course materials and information about the **Practical Sports Performance Unit**. You will select two sports of your choice, one team and one individual and look at these sports in detail by researching and practically performing yourself and then analyse your performance.

You will be required to be filmed participating in your sports including full games/matches/ individual skills/conditioned practices and isolated practices.

You will choose 2 sports that you are familiar with and regularly perform in. One sport has to be a team sport and one has to be an individual sport.

EXAMPLES-

Team sport-Netball, Football, Basketball, Rugby, Doubles Badminton, Hockey.

Individual sports-Singles Badminton, Table Tennis, Tennis, Skiing, Swimming, running.

TASK 1-Complete the following table about your two sports. You will choose 2 sports that you are familiar with and regularly perform in.

One sport has to be a team sport and one has to be an individual sport.

EXAMPLES-

Team sport-Netball, Football, Basketball, Rugby, Doubles Badminton, Hockey, handball, lacrosse.

Individual sports-Singles Badminton, Table Tennis, Tennis, Skiing, Swimming, running, wrestling, weightlifting, boxing, canoeing.

SPORTS	How long have you been involved in this sport and do you currently play outside of school?
TEAM SPORT-	
INDIVIDUAL SPORT -	

TASK 2

The Following are some of the Key words that will be used in this unit.

Write down a definition of the key words.

KEY WORD	DEFINITION
CODIFICATION	
NATIONAL GOVERNING BODY	
Name the National Governing Bodies of both your Sports	
RULES	
OFFICIATING	

SKILL	
TECHNIQUE	
TACTICS	
CONDITONED PRACTICES	
ISOLATED PRACTICES	
APPLICATION OF A SKILL	
ANALYSING PERFORMANCE	
STRATEGY	
DVELOPMENT PLAN	
SMART TRAGETS	
SWOT ANALYSIS IN SPORT	
OBJECTIVE	
SUBJECTIVE	
SERIAL SKILL	
DISCRETE SKILL	
CONTINUOUS SKILL	
ATTACKING SKILL	

DEFENDING SKILL	
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