



## BTEC Sport

### Wider reading

- Subject Content for this course can be found here:  
<https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html>
- Introductory guide:  
<https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/introductory-guides/BTEC-national-introductory-guide-sport.pdf>
- Sample work and questions (Unit 1):  
[https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/teaching-and-learning-materials/BTECNational\\_Sport\\_Unit1.pdf](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/teaching-and-learning-materials/BTECNational_Sport_Unit1.pdf)
- Sample work and questions (Unit 2):  
[https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/teaching-and-learning-materials/BTECNational\\_Sport\\_Unit2.pdf](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/teaching-and-learning-materials/BTECNational_Sport_Unit2.pdf)
- Exam paper and mark scheme for unit 1:  
Exam paper - [https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/2016/External-assessments/31524H\\_unit1\\_que\\_20170817.pdf](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/2016/External-assessments/31524H_unit1_que_20170817.pdf)  
Mark scheme - [https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/2016/External-assessments/31524\\_unit1\\_rms\\_20170817.pdf](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/2016/External-assessments/31524_unit1_rms_20170817.pdf)

### Enrichment tasks

- **Task 1 – Develop knowledge of the structure of the skeletal system (Unit 1)**
  - Major bones to include cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column (cervical, thoracic, lumbar, sacrum, coccyx), femur, patella, tibia, fibula, tarsals, metatarsals.
  - Type of bone – long, short, flat, sesamoid, irregular.
  - Areas of the skeleton to include axial skeleton, appendicular skeleton, spine, curves of the spine, neutral spine alignment, postural deviations (kyphosis, scoliosis).
  - Process of bone growth – osteoblasts, osteoclasts, epiphyseal plate.
- **Task 2 – Can you label the human muscular system? (Unit 1)**
  - Deltoids, biceps, triceps, wrist flexors, wrist extensors, supinators and pronators, pectorals, abdominals, obliques, quadriceps, hip flexors, tibialis anterior, erector spinae, trapezius, latissimus dorsi, gluteals, hamstrings, gastrocnemius, soleus.
- **Task 3 – Watch some clips below regarding anatomy and physiology of the human body - and make notes (Unit 1)**
  - Skeletal system - <https://www.youtube.com/watch?v=ltFutvTye8c>

# Sixth Form Bridging Work

- Muscular system - <https://www.youtube.com/watch?v=YPVnlPeZKTO>
  
- **Task 4 - Listen to Pearson's BTEC PE podcast and note the key points (Units 1, 2, 3 and 6)**
- This show covers topics that will be involved in our course.
- <https://www.pearsonschoolsandfecolleges.co.uk/FEAndVocational/SportsStudies/BTEC/Level3BTECNationalSport/VideoPodcast/Video%20Podcast.aspx>
  
- **Task 5 – Research job opportunities within the sports sector (Unit 3)**
- Research 3 jobs within the sports sector and note what grades and qualifications you need to get into the area of work.
  
- **Task 6 – Watch the sports documentary called ICARUS (Unit 6)**
- This provides excellent background knowledge on the pressures sports performers face and why they make the choices they do.