

## BTEC Level 3 Extended Diploma in Sport (Year 12) Summer Independent Learning 2021

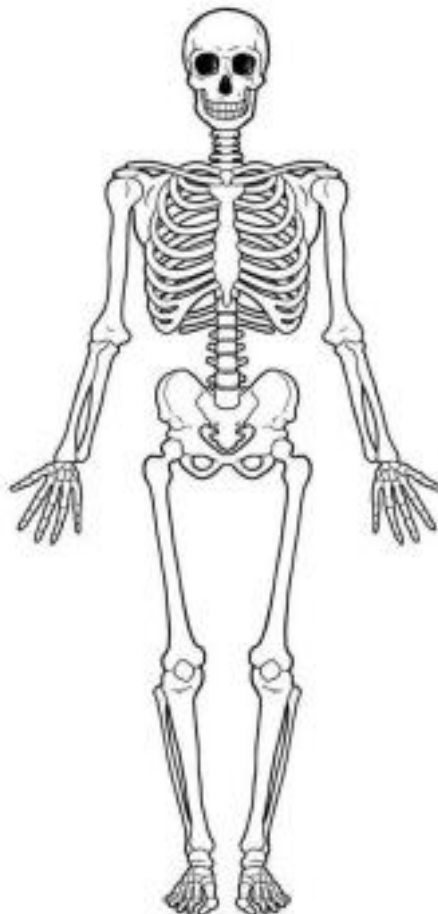
### Preview section

This links into the topics you will be looking at in September.

- This work is linked to
  - Unit 1 - Anatomy and Physiology
  - Unit 2 - Fitness Training and Programming for Health, Sport and Well-being

### Task 1

- **Label all the major bones** - cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column, femur, patella, tibia, fibula, tarsals, metatarsals.



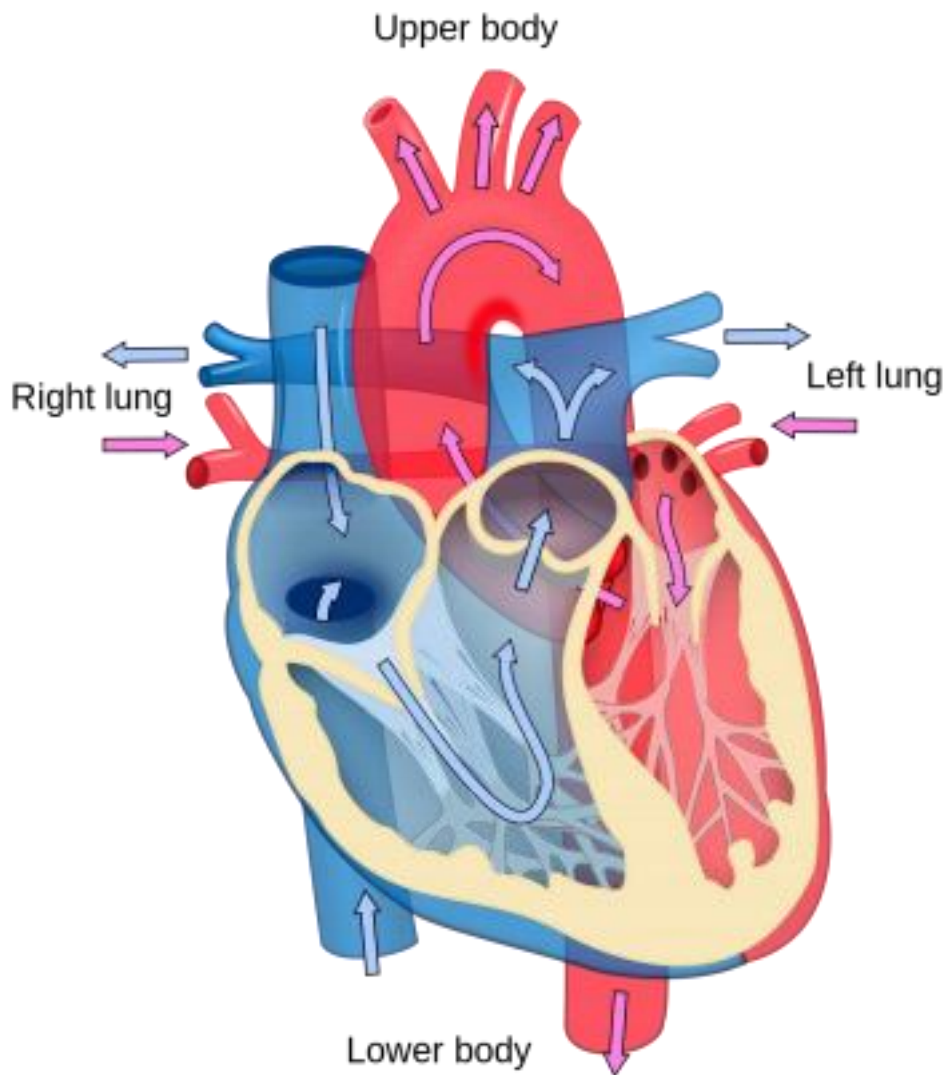
## Task 2

- **Label all the major muscles** - 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.



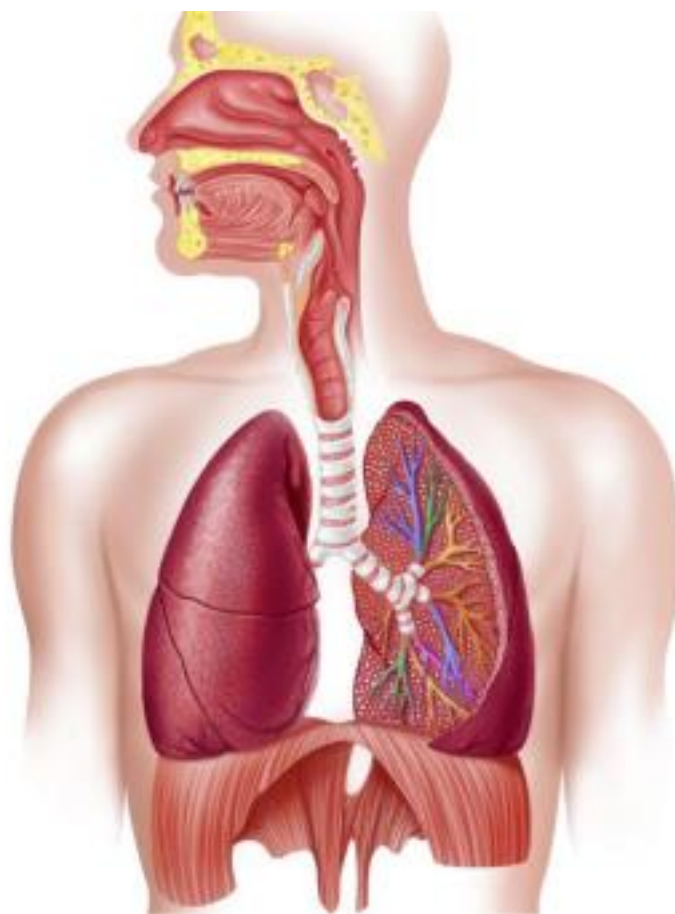
## Task 3

- **Label the heart** - atria, ventricles, bicuspid valve, tricuspid valve, semi-lunar valves, septum, major blood vessels (aorta, vena cava, pulmonary artery, pulmonary vein), coronary arteries



#### **Task 4**

- **Label the respiratory system** - nasal cavity, epiglottis, pharynx, larynx, trachea, bronchus, bronchioles, lungs, alveoli, diaphragm



### Task 5

Complete the table below

Lifestyle Factor	Recommended guideline
Physical Activity	
Alcohol	
Smoking	
Sleep	

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Diet	Describe the Eat Well Guide -
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Macronutrient	How much a day should you have?	Why do we need it?	What foods do we get it from?
Protein			
Carbohydrate			
Fat			

### **Task 6**

Complete the table below

Type of Training	Description
Continuous training	
Circuit training	
Interval training	
Plyometrics	

## Expanding your subject knowledge section

This section is designed to develop your understanding of a sporting context and recent contextualisation in Sport and Leisure settings.

Choose 1 Option from the lists below and write a report (minimum 1 xA4) which;

Describes an overview of the Video/Book




Explains the relationship between the video/book and your BTEC Sport Course

Analyses the video/book and discuss your opinion and conclusion































Tick the boxes of the ones you are completing. Feel free to watch as many as you want if you have time

### LEVEL 3 BTEC SPORT

#### DEVELOP YOUR KNOWLEDGE OF SPORTING CONTEXT IN PREPARATION FOR YEAR 2 OF YOUR COURSE

Books to Read

<p>The English Game (Sport and Society)</p> 	<p>All or Nothing Manchester City</p> 	<p>Subscribe to the Body Coach (Joe Wicks) (Types of Training/Nutrition)</p>	
<p>Unstoppable (Sport Psychology)</p> 	<p>All or Nothing New Zealand All Blacks</p> 	<p>Kobe Bryant Black Mamba Doc</p> 	<p>Shoe Dog - Phil Knight History/Story of Nike</p>
<p>Icarus (Drugs/Performance)</p> 	<p>This is Football</p> 	<p>Being Serena Series</p> 	<p>Bounce - Matthew Syed Neuroscience/Psychology</p>
<p>Step at Nothing (Doping in Sport)</p> 	<p>4 Minute Mile</p> 	<p>"Is Professionalism Killing Sport" BBC Documentary</p>	<p>Black box thinking Matthew Syed Psychology</p>
<p>Coach Carter (Sport Psychology)</p> 	<p>The Program (Lance Armstrong)</p> 	<p>The Psychology of a Winner 2020 Documentary</p>	<p>Unbeatable - Jessica Ennis</p>
<p>The Game Changers (Diet and Nutrition)</p> 	<p>Andy Murray - Resurfacing (Injury/Rehabilitation)</p> 	<p>Trent Alexander Arnold Living the Dream</p> 	<p>No Limits - Michael Phelps</p>
<p>Supersize Me (Diet and Nutrition)</p> 	<p>Dan Carter - Perfect 10</p> 	<p>Tyson Fury Road to Redemption</p> 	<p>My Time - Bradley Wiggins</p>
<p>Blindside (American Football)</p> 	<p>The Unknown Runner</p> 	<p>Crossing The Line Australian Cricket</p> 	<p>Between the lines - Victoria Pendleton</p>
<p>Last Chance U (American Football)</p> 	<p>The Race to Dope (Doping System in Sport)</p> 	<p>Jürgen Klopp Journey to Top</p> 	<p>Legacy - James Kerr All Blacks (New Zealand Rugby)</p>
<p>The Last Dance (Michael Jordan)</p> 	<p>Muscle and Medals</p> 	<p>Strive for Greatness LeBron James</p> 	<p>The Secret Race - Tyler Hamilton and David/Coyle Drugs/Energy Systems/Deviance</p>
<p>Losers (Adversity in Sport)</p> 	<p>Keep up to date with all the latest news in the world of sport, there is always something happening that links to the course.....</p>		
<p>Moneyball</p> 			
<p>Formula 1 Drive to Survive</p> 			

## **Expanding your subject knowledge Learning Log**

Record here any additional reading/viewing you are undertaking in order to show what you have been completing in order to prepare you for the course. Use the reading list on the previous slides you have been given for guidance on what you could you watch/read.