

BTEC Level 3 Extended Diploma in Sport (Year 13) Summer Independent Learning 2021

Preview section

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

This work is linked to Unit 19 – Development and Provision of Sport and Physical Activity

Click on the link or access via Teams. Read the chapter for Learning Aim A - [Unit 19 - Development and Provision of Sport Textbook](#)

Learning Aim A Unit Content - Principles of sports development

A1 Sports development

Understand the terms and importance of sports development within sporting contexts using examples to encourage participation, inclusivity and progression.

- Participation:
 - o recreational
 - o competitive
 - o professional
 - o in a variety of roles – performer, official, coach, administrator, volunteer.
- Inclusivity:
 - o types of target groups
 - o gender
 - o age
 - o socio-economic
 - o ethnicity and disability.
- Progression along the sports development continuum.

- The sports development continuum: understand the levels –foundation, participation, performance, excellence and function of talent ID.

A2 Participation barriers, solutions and impacts

Understand factors impacting on participation and potential solutions to increase participation rates exploring examples within a sporting context.

- Barriers to participation:
 - o gender
 - o age
 - o socio-economic

- o ethnicity and disability.
- Solutions to barriers:
 - o concessionary rates
 - o promotions
 - o accessibility
 - o facilities
 - o equipment
 - o transport
 - o staffing and staff training
 - o education and publicity.
- Impact of sports development on:
 - o community cohesion
 - o health and wellbeing
 - o regeneration
 - o crime
 - o education.

A3 Sports development stakeholders

Understand the roles and functions of people and organisations in sports development and have an awareness of sports development stakeholders, their function and key personnel within a sporting context.

- Sports development stakeholders in the wider sport development context – local, national and global level.
- Stakeholders:
 - o local authority
 - o Sport England
 - o UK Sport
 - o politicians
 - o facility management
 - o National Governing Bodies (NGBs)
 - o world governing bodies
 - o voluntary/public/private sector
 - o education providers
 - o healthcare providers.
- Stakeholder function:
 - o funding
 - o resourcing
 - o promoting
 - o coaching
 - o strategic planning
 - o research
 - o consultation groups.
- Key stakeholder personnel:
 - o sports-specific development officers
 - o community development officers

- o club officials
- o administrators
- o participants.

- o community leaders
- o local authority councillors

A4 Methods of measuring sports development

Understand the purpose, methods and importance of measuring sports development using sporting examples.

- Purpose of measuring sports development:
 - o meeting aims
 - o standardisation
 - o improvement
 - o impact
 - o success measures: effects on participation, inclusion and progression, education, drug use, crime, regeneration, health and wellbeing, community cohesion.
- Methods of measuring sports development:
 - o benchmarks
 - o quality schemes
 - o Key Performance Indicators (KPIs)
 - o primary data
 - o secondary research.

Task 1

'Sport development' has the following three key principles behind it which are explored in this section.

- 1 To increase participation levels
- 2 To increase levels of inclusivity
- 3 To help people progress their level of sport along a 'sport development continuum'.

On a Word Document - Explain 'Participation', 'inclusivity' and the 'sport development continuum' in sport development

Task 2

Barriers to participation - gender, age, socio-economic, ethnicity and disability.

Task 3

Understand the roles and functions of people and organisations in sports development and have an awareness of sports development stakeholders, their function and key personnel within a sporting context.

Create a table and complete

Stakeholder	What do they do?
What are stakeholder functions?	

Who are key stakeholder personnel?

Task 4

Understand the purpose, methods and importance of measuring sports development using sporting examples.

On a voice / video recording – Create a 5 minute social media post explaining why we measure sport development and 1 way we can do it.

You can use Microsoft Teams or use an app on your phone.

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

The English Game (Sport and Society)	
Unstoppable (Sport Psychology)	
Icarus (Drugs/Performance)	
Step at Nothing (Doping in Sport)	
Coach Carter (Sport Psychology)	
The Game Changers (Diet and Nutrition)	
Supersize Me (Diet and Nutrition)	
Blindside (American Football)	
Last Chance U (American Football)	
The Last Dance (Michael Jordan)	
Losers (Adversity in Sport)	
Moneyball	
Formula 1 Drive to Survive	

All or Nothing Manchester City	
All or Nothing New Zealand All Blacks	
This is Football	
4 Minute Mile	
The Program (Lance Armstrong)	
Andy Murray-Resurfacing (Injury/Rehabilitation)	
Dan Carter - Perfect 10	
The Unknown Runner	
The Race to Dope (Doping System in Sports)	
Muscle and Medals	

Subscribe to the Body Coach (Types of Training/Nutrition)	
Kobe Bryant Black Mamba Doc	
Bring Serena Series	
"Is Professionalism Killing Sport" BBC Documentary	
The Psychology of a Winner 2020 Documentary	
Trent Alexander Arnold Living the Dream	
Tyson Fury Road to Redemption	
Crossing The Line Australian Cricket	
Jürgen Klopp Journey to Top	
Strive for Greatness LeBron James	

Shoe Dog - Phil Knight History/Story of Nike
Bounce - Matthew Syed Neuroscience/Psychology
Black box thinking Matthew Syed Psychology
Unbeatable - Jessica Ennis
No Limits - Michael Phelps
My Time - Bradley Wiggins
Between the Lines - Victoria Pendleton
Legacy - James Kerr All Blacks (New Zealand Rugby)
The Secret Race - Tyler Hamilton and David Cople Drugs/Energy Systems/Endurance

Keep up to date with all the latest news in the world of sport, there is always something happening that links to the course.....

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.

