



# SIXTH FORM

## FRAMWELLGATE SCHOOL DURHAM

### Preparation for BTEC: Sport Single Award

#### Specification: Pearson

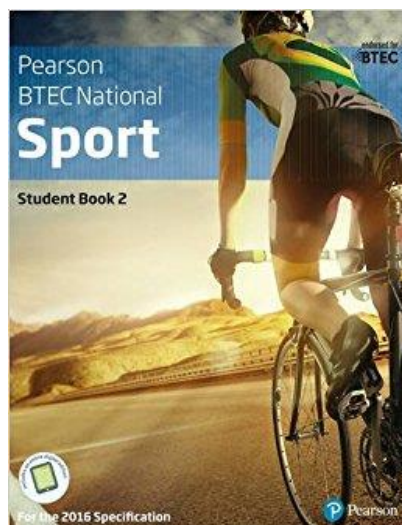
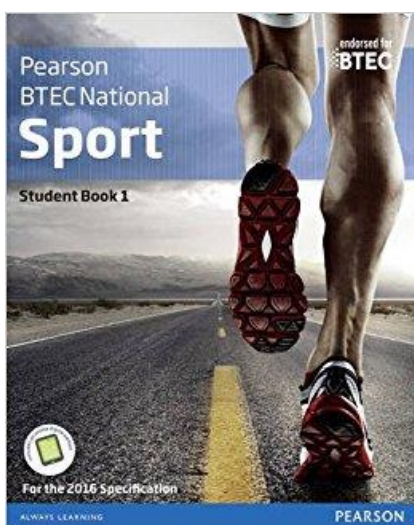
Course Title	BTEC National Extended Diploma in Sport		Exam Board	Edexcel
Module	Title	Weighting	Assessment Method	
Unit 1	Anatomy and Physiology		External - Exam	
Unit 2	Fitness Training and Programming		External - Exam	
Unit 3	Professional Development		Internal – Coursework	
Unit 4	Sports Leadership		Internal – Coursework	

#### Resources needed for the first lesson in September:

Lever arch file, file dividers, plastic wallets, pens, highlighters, paper

#### Recommended Textbook/revision guide:

Pearson BTEC National Sport Student Book 1 and 2



**Task:**

- 1) Your task is to design a presentation on some of the Anatomy and Physiology content of the BTEC Sport course.

Your presentation must include the following:

- At least 25 major bones of the body (including Latin names and the sections of the vertebrae)
- Functions of the skeletal system
- At least 25 major muscles of the body (including Latin names and sections of the Quadriceps, Hamstrings and Abdominals)
- Responses and adaptations of the muscular system to exercise

Deadline Date: **Tuesday 4<sup>th</sup> September**