



SIXTH FORM

FRAMWELLGATE SCHOOL DURHAM

Preparation for BTEC: Sport Triple Award

Specification: Pearson

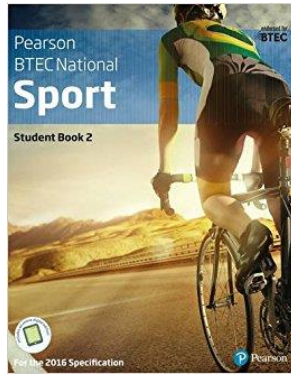
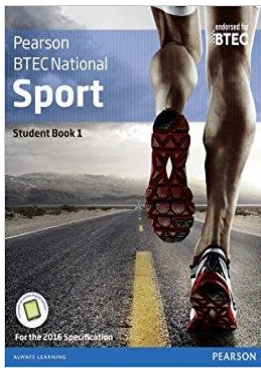
Course Title	BTEC National Extended Diploma in Sport		Exam Board	Edexcel
Module	Title	Weighting	Assessment Method	
Unit 1	Anatomy and Physiology		External - Exam	
Unit 2	Fitness Training and Programming		External - Exam	
Unit 3	Professional Development		Internal – Coursework	
Unit 4	Sports Leadership		Internal – Coursework	
Unit 5	Application of Fitness Testing		Internal – Coursework	
Unit 7	Practical Sports Performance		Internal – Coursework	
Unit 8	Coaching for Performance		Internal – Coursework	
Unit 9	Research Methods		Internal – Coursework	
Unit 11	Research Project in Sport		Internal – Coursework	
Unit 17	Sports Injury Management		Internal – Coursework	
Unit 19	Sports Development and Provision		External - Exam	
Unit 22	Investigating Business in Sport		External - Exam	
Unit 23	Skill Acquisition		Internal – Coursework	
Unit 25	Rules, Regulations and Officiating		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
- 2) For the Fitness training and Programming unit, you must design an exercise programme for an elite athlete of your choice. The programme should include:
 - Methods of training – with justification
 - Fitness tests to be carried out
 - SPORT and FITT principles applied
 - 3) Unit 3 – Professional Development – Research a job you are interested in (e.g. Coach, Teacher, Marine, Police...). Print off a job description and annotate some of the qualities you feel you have now. Also produce a small plan on how you might gain some of the experiences you need while at 6th form.

Deadline Date: **Tuesday 4th September**