

BTEC Sport - double

Essential Bridging Work

If you intend to enrol on this course you must complete the following bridging work ahead of your first lesson and bring it with you. It should take you about 8 hours to complete the work as this is a double option.

Topic / Context	In preparation for your forthcoming study, this task will require you to investigate the structure and function of the respiratory system.
Task	<p>The following tasks help to break down the report you are required to produce on the respiratory system into manageable sections. All the information you need can be found on the first web-site that is listed below. Watch the videos and use these to help you address each task.</p> <ol style="list-style-type: none"> 1. Produce a diagram showing the main features of the lungs/respiratory system and then for each feature describe its main characteristics AND functions. Focus on role of the nose, trachea, bronchus, bronchioles, alveoli and pulmonary capillaries. 2. Describe the mechanics of breathing ie how the body breaths in and out. Focus here on the changes in lung volumes and pressures due to the contraction and relaxation of the different breathing muscles. Compare and contrast the process between rest and exercise. 3. Draw 2 labelled diagrams to show gaseous exchange at a) The lungs b) Working muscles. Use these diagrams to EXPLAIN in detail how gaseous exchange (movement of carbon dioxide and oxygen) takes place.
Resources	<ul style="list-style-type: none"> • https://padlet.com/franklinsport/ng9e40h8dkdu • Use password active888 for access to padlet site shown above • www.brianmac.co.uk • www.teachpe.com • www.livestrong.com • www.changeforlife.org.uk • American College of Sports Medicine www.acsm.org • www.bases.org.uk • Coachwise www.1st4sport.com • Human Kinetics www.humankinetics.com • Sport Science www.sportsci.org.uk
Presentation	<p>Present your findings using a written report and a variety of annotated diagrams that help to describe and explain each process.</p> <p>Your report should be a minimum of 500 words and should be handwritten using key terminology that is spelt correctly. Make sure this is presented as neatly as possible.</p>

Topic / Context	<p>CRITERIA TO MEET</p> <p>P1 Describe the rules, laws and regulations of a selected sport. P2 Describe the roles and responsibilities of officials in a selected sport. M1 Explain the application of the rules, laws and regulations of a selected sport in three different situations.</p>
Task	<ol style="list-style-type: none"> 1. To meet the needs of the criteria you will create a colourful, attractive poster that will be set at a level for a novice to understand about your chosen sport (football, rugby, wheelchair basketball etc). The poster will introduce the rules and regulations of a selected sport. The poster will include info on – <ul style="list-style-type: none"> • NGB specific rules eg off-side etc... • Court/pitch layout dimensions • Playing surface/Facility • Fouls and sanctions • Number of players • Substitutions • Time • Equipment/Health and Safety • Scoring • Methods of victory <p>When describing each point, identify why the rule or regulation is in place, where applicable in your chosen sport, whether it be to ensure fair play or protect the players.</p> 2. Explain the roles/responsibilities of the select officials in your chosen sport eg umpire, line judges, timekeepers, scorers, linesmen, referees, fourth officials, video referees, and judges. 3. You will now apply the rules/laws and regulations of your selected sport theoretically in three different situations as appropriate to your chosen sport (you must give a brief description of the designated official you have chosen from the list below. Examples could be a player in an illegal position, player injured, ball out of play or illegal challenge. The roles that you can take in these situations eg umpire, line judges, timekeepers, scorers, linesmen, referees, fourth officials, video referees, and judges.
Resources	<p>Books/Online Research:</p> <p>You can use any source of information you like but here are some links to get you started.</p> <p>Sources of information: Websites Any relevant NGB website American College of Sports Medicine www.acsm.org British Association of Sport and Exercise Sciences www.bases.org.uk Coach wise www.1st4sport.com Sport Science www.sportsci.org Sports Coach UK www.sportscoachuk.org Top End Sports www.topendsports.com Brian Mac www.brianmac.co.uk Live Strong www.livestrong.com</p>
Presentation	<p>Your work should be in the form of a poster and a written piece of work completed on Google docs.</p>