

# Introduction to: BTEC Extended Certificate and Diploma in Sport (Level 3)

Choosing Sport as part of your study programme was a brilliant decision!

## What is so great about doing Sport and where can it take you?

As an introduction to this course, we'd like to help you find out more about the subject and how studying it might open doors for you in the future.

Lesson	Topic/Content
Introduction	<p><i>Sport covers a wide-range of topics, from the way we look at how biological and psychological processes affect performance in sport, to the practical application of theory linked to fitness training and programming and developing practical, coaching and officiating skills from a variety of sports.</i></p> <p><i>To prepare for our taster event consider the following:</i></p> <p><i>Along a scale of interest, which 'aspect of sport' most fascinates you from the list: Sports psychology, exercise physiology, biomechanics, fitness training, diet and nutrition, sports coaching, sports injuries?</i></p> <p><i>Try to describe in 50 words or less why this part of studying sport is so interesting to you.</i></p> <p><i>Consider your reasons for wanting to study BTEC Sport:</i></p> <p><i>Do your reasons link to working towards a particular Higher Education course or future job role? Maybe you had a fantastic teacher at school and want to follow in their footsteps!</i></p> <p><i>To help you, take a look at the following link <a href="https://careers-in-sport.co.uk/">https://careers-in-sport.co.uk/</a></i></p> <p><i>What are the jobs or areas of work that really take your interest? The link above gives you access to a range of jobs, universities and career paths and takes you to some fascinating examples of what you can do.</i></p>
Feed your Curiosity	<p><i>Here are some things you can do if you want to develop your understanding of BTEC Sport</i></p> <p><i>1. Go to the following link which gives you a choice of documentaries linked to various topical issues</i> <a href="https://versus.uk.com/2017/08/10-best-sports-docs-youtube/">https://versus.uk.com/2017/08/10-best-sports-docs-youtube/</a></p> <p><i>2. Watch this short video clip describing how the heart works – it's fascinating!</i> <a href="https://www.youtube.com/watch?v=swGV1a3f1G8">https://www.youtube.com/watch?v=swGV1a3f1G8</a></p>

	<p>3. Look at TED talks that will develop your understanding of health and fitness <a href="https://www.ted.com/talks/vincent_lam_power_of_fitness">https://www.ted.com/talks/vincent_lam_power_of_fitness</a></p>
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	<p><i>In the last 12 months has there been an article/website/documentary or podcast which has inspired you. We would be really interested in you telling us about this!</i></p>
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# Introduction to: A level Physical Education

Choosing PE as part of your study programme was a brilliant decision!

## What is so great about doing PE and where can it take you?

As an introduction to this course, we'd like to help you find out more about the subject and how studying it might open doors for you in the future.

Lesson	Topic/Content
Introduction	<p><i>PE covers a diverse and wide-range of topics, from the way we look at how biological and psychological processes affect performance in sport, to the practical application of theory linked to fitness training and programming and developing practical, coaching and officiating skills from a variety of sports.</i> [Text Wrapping Break]</p> <p><b>TASK 1:</b></p> <p><i>Along a scale of interest, which 'bit of sport' most fascinates you from the list (if there's something specific that's not on the list just add your own).</i></p> <p>[Text Wrapping Break]<i>Sports psychology, exercise physiology, biomechanics, fitness training, diet and nutrition, sports coaching, sports injuries</i></p> <p>[Text Wrapping Break]<b>Task 2:</b></p> <p><i>Go to the following link which is a learning hub created by local colleges including ourselves. Choose a topic of interest from either applied anatomy, biomechanics or social and cultural issues in sport. Then have a look and go at some of the learning resources available e.g. a video explaining the topic, online quizzes and assessments</i></p> <p><a href="#"><u>Learning Hub PE resources</u></a></p> <p>[Text Wrapping Break]</p> <p><b>TASK 3:</b></p> <p><i>Consider your reasons for wanting to study A level PE</i></p> <p><i>Do your reasons link to working towards a particular Higher Education course or future job role? Maybe you had a fantastic teacher at school and want to follow in their footsteps!</i></p> <p>[Text Wrapping Break]</p> <p><i>To help you, take a look at the following link</i></p> <p><a href="#"><u>Careers in Sport</u></a></p> <p>[Text Wrapping Break]<i>What are the jobs or areas of work that really take your interest? The link above gives you access to a range of jobs, universities and career paths and takes you to some fascinating examples of what you can do.</i></p>

<p><b>Feed your Curiosity</b></p>	<p>Here are some things you can do if you want to develop your understanding of A level Physical Education.</p> <p>1. Go to the following link which gives you a choice of documentaries linked to various topical issues  <a href="https://versus.uk.com/2017/08/10-best-sports-docs-youtube/">https://versus.uk.com/2017/08/10-best-sports-docs-youtube/</a></p> <p>2. Read this PE Journal Article about the power of visualisation in sport as a psychological technique  <a href="https://www.verywellfit.com/visualization-techniques-for-athletes-3119438">https://www.verywellfit.com/visualization-techniques-for-athletes-3119438</a>  [Text Wrapping Break]</p> <p>3. Watch this short video clip describing how the heart works – it's fascinating  <a href="https://www.youtube.com/watch?v=swGV1a3f1G8">https://www.youtube.com/watch?v=swGV1a3f1G8</a>  [Text Wrapping Break]</p> <p><i>In the last 12 months has there been an article/website/documentary or podcast which has inspired you. We would be really interested in you telling us about this!</i></p>
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# Introduction to: **BTEC Public Services** (Level 2)

**Choosing Public Services as part of your study programme was a brilliant decision!**

## **What is so great about doing Public Services and where can it take you?**

As an introduction to this course, we'd like to help you find out more about the subject and how studying it might open doors for you in the future.

Lesson	Topic/Content
<b>Introduction</b>	<p>Studying Public Services at Franklin will give you the opportunity to taste what will be required from you, if you chose to work in the Public Services. We will also help you build on your existing skills and knowledge to take your progression to the next level.</p> <p>Below will give you an idea of the content of the units you could be studying on the public services course:</p> <p><u>Double option - Certificate</u></p> <p>Unit 1 - Role and the Work of the Public Services (Exam)</p> <p>Unit 2 - Working Skills in the Public Services (Scenario)</p> <p>Unit 3 - Employment in the Public Services (Scenario/ Coursework)</p> <p>Unit 6 - Citizenship and Diversity (Exam)</p> <p>Unit 7 - Crime and its effects on society (Coursework)</p> <p>Unit 5 - Health and Lifestyle (Practical)</p> <p>Unit 11 - Sport and Recreation in the Public Services (Practical/ Coursework)</p> <p>As you can see above the course provides a great variety of assessments ranging from scenario-based assessments to practical to exams.</p>
<b>Feed your Curiosity</b>	<p>Below is a link to some videos and websites to give you an idea and a taste for what Public Services is about Other useful videos to give yourself a flavour of the course and the content.</p> <p><u><a href="#">Joining the British Army   How To get fit for Basic Training – YouTube</a></u> <u><a href="#">Police and Criminal Evidence Act 1984 (PACE) codes of practice - GOV.UK (www.gov.uk)</a></u> <u><a href="https://www.youtube.com/watch?v=enB6M7nSnM">https://www.youtube.com/watch?v=enB6M7nSnM</a></u> <u><a href="https://www.youtube.com/watch?v=lirUMcqKEMU">https://www.youtube.com/watch?v=lirUMcqKEMU</a></u></p> <p>The L2 Public Services course provides many opportunities for learners to develop a range of skills and techniques, personal skills and attitudes</p>

	<p>essential for successful performance in working life. Our main aim is to provide you with the skills, attitude and desire to succeed on a L3 provision. You will be encouraged to explore factors that may support a variety of roles within the uniformed services, such as understanding behaviour, why our public services need to be fit and healthy as well as the way crime can impact society and why the Public Services are there to support the community.</p>
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# Introduction to: **Uniformed Protective Services**

Choosing **Uniformed Protective Services** as part of your study programme was a brilliant decision!

**What is so great about doing Uniformed Protective Services and where can it take you?**

As an introduction to this course, we'd like to help you find out more about the subject and how studying it might open doors for you in the future.

Lesson	Topic/Content
Introduction	<p><i>The below link will give you an idea of the content of the units you could be studying on the public services course.</i></p> <p><i>Single option (Extended Certificate)</i> 15) Police Powers and the Law 1st year 60 credits 2) Behaviour and Discipline in the Uniformed Protective Services (examination) 1st year 120 credits 5) Teamwork, Leadership and Communication in the Uniformed Protective Services 2nd year 120 credits 13) Introduction to Criminology 2nd year 60 credits</p> <p><i>Double option (Diploma)</i> 4) Physical Preparation, Health and Wellbeing 1st year 90 credits 6) Government and the Protective Services (examination) 1st year 90 credits 12) Developing Personal Fitness Programmes 2nd year 60 credits 1) Citizenship and Diversity 2nd year 120 credits</p> <p><i>Specification – <a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/uniformed-protective-services-2020.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/uniformed-protective-services-2020.html</a></i></p>
Feed your Curiosity	<p><i>This course will help you develop the skills you need to understand the uniformed public services sector.</i></p> <p><i>The Uniformed Protective Services BTEC Certificate/Diploma course provides many opportunities for learners to develop a range of skills and techniques, personal skills and attitudes essential for successful performance in working life. You will be encouraged to explore factors that may support a variety of roles within the uniformed services, such as understanding behaviour, knowing communication systems and how the international environment affects the roles of the uniformed services. Delivery includes a mixture of lectures, practical activities, outside visits and visiting specialist speakers from the Uniformed Protective Services.</i></p>

*A huge number of students go onto positive destinations from the course and into Uniformed Protective Services job roles. Most guest speakers are ex-students who completed the Uniformed Protective Services course and come back to give current students the knowledge about the pathway they took to get them where they are today.*

*Other useful videos to give yourself a flavour of the course and the content.*

[How to prepare for the Met Police Fitness Test - YouTube](#)

[Joining the British Army | How To get fit for Basic Training - YouTube](#)

<https://www.gov.uk/guidance/police-and-criminal-evidence-act-1984-pace-codes-of-practice>

<https://www.youtube.com/watch?v=-enB6M7nSnM>

<https://www.youtube.com/watch?v=lirUMcqKEMU>



# Introduction to: **GTSET Football Shadow Scholarship**

**Choosing the Football Shadow Scholarship as part of your study programme was a brilliant decision!**

## **What is so great about doing the Football Shadow Scholarship and where can it take you?**

As an introduction to this course, we'd like to help you find out more about the subject and how studying it might open doors for you in the future.

Lesson	Topic/Content
Introduction	<p><i>The GTSET Shadow Scholarship combined BTEC in Sports Coaching covers a variety of topics. A large percentage of the course is designed to prepare you for a career in the sporting industry. You will have two coaching placements over the two years designed to develop your practical planning and delivering. The other part of the course looks at the science behind performance in sport such as fitness training and nutrition- linking to self-employment opportunities. Teaching will take place both at Blundell Park and onsite at Franklin.</i></p> <p><i>To prepare for our taster event consider the following:</i></p> <p><i>Consider 3 different careers that might interest you in sport (for example sports coaching, sports science, analysis of performance, sports nutrition, personal training etc)</i></p> <p><i>Try to describe in 50 word what interests you in that career?</i></p> <p><i>Consider your reasons for wanting to study BTEC Sport:</i></p> <p><i>Do your reasons link to working towards a particular Higher Education course or future job role?</i></p> <p><i>To help you, take a look at the following link <a href="https://careers-in-sport.co.uk/">https://careers-in-sport.co.uk/</a></i></p> <p><i>The link above gives you access to a range of jobs, universities and career paths and takes you to some fascinating examples of what you can do.</i></p>
Feed your Curiosity	<p><i>Here are some things you can do if you want to develop your understanding of BTEC Sport</i></p> <p><i>1.The following link is some good examples of why coaching might be for you <a href="https://www.youtube.com/watch?v=1s8bISrDPIc">https://www.youtube.com/watch?v=1s8bISrDPIc</a></i></p> <p><i>2.This video talks about nutrition as a footballer.</i></p>

	<p><a href="https://www.youtube.com/shorts/yHdFfSpBT0E">https://www.youtube.com/shorts/yHdFfSpBT0E</a></p> <p>3. Look at TED talks that will develop your understanding of health and fitness</p> <p><a href="https://www.ted.com/talks/vincent_lam_power_of_fitness">https://www.ted.com/talks/vincent_lam_power_of_fitness</a></p> <p><i>In the last 12 months has there been an article/website/documentary or podcast which has inspired you. We would be really interested in you telling us about this!</i></p>
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