

BTEC Sport

Part A - Bridging Work Task

This is a fantastic opportunity to expand your understanding of Sport as you prepare for enrolment and for starting at Franklin in September.

Please complete the work and bring a copy to your enrolment, either printed or electronically.

The work will take you around **2 hours** so plan your time to best suit you.

How do I complete and submit my task?	<p>Complete the tasks on paper/handwritten or digitally and bring a copy either paper or electronically to your enrolment appointment, also take this to your first lesson in September.</p> <p>If you did not attend the Taster Day don't worry – this isn't essential for completing this work but, please ensure that you have completed this bridging work.</p>
Introduction to your Bridging Task	<p>Unit 5- Fitness Testing in Sport.</p> <p>During this topic you will look into how fitness testing is used in the sporting industry. You will get the opportunity to work with a client for a certain sport, select appropriate tests, administer the tests and then provide feedback to the client on their results.</p>
Task details	<p>Intro Before you begin fitness testing there are some important principles to understand to ensure your fitness testing is safe and provides the most valuable feedback/results to your client as possible. You also need an understanding of fitness and skill components.</p> <p>Task 1: Create a table (3 columns by 9 rows)</p> <p>Column 1: Title this column Component and provide a quick definition of the component and an example of a sport that would display this component</p> <p>Column 2: Title this column Test and research a common test that can be done to test this component and basic instructions on the test.</p> <p>Column 3: Title this column Training method and give an overview of one training method you can use to improve this component- include any target intensities (HR, RPE, % of weight etc) and an example of an activity/exercise.</p> <p>Cover the following fitness and skill components:</p> <ol style="list-style-type: none">1. Aerobic endurance2. Flexibility3. Strength

4. Speed
5. Muscular Endurance
6. Body Composition (3 types)- 1 training method to change body composition IE lose fat.
7. Agility
8. Power

Here is how to set up the table:

Component	Test	Training method
<i>Aerobic endurance is... A sport it is key in is...</i>	<i>A test you can do to test this component is the test This is done by 1) 2) 3)</i>	<i>One training method to improve aerobic endurance is.... An example of an exercise you can do is....</i>

Task 2: Key principles in fitness testing.

In relation to fitness testing research a definition of the below principles and relate it to fitness testing. You can use some examples of tests from the above table to relate it to fitness testing and provide context.

IE to make the beep test more reliable you can use a tape measure to accurately record 20ms.

- 1) Validity
- 2) Reliability
- 3) Suitability
- 4) Practicality
- 5) Ethical issues

Resources to help you with the Bridging Task

[Categories of Fitness Testing](#)

[GCSE PE - FITNESS TESTING \(Part 1/2\) - Health-related components - \(Health, Fitness & Training 6.5\)](#)

[GCSE PE - FITNESS TESTING \(Part 2/2\) - Skill-related components - \(Health, Fitness & Training 6.5\)](#)

[Different methods of sport training - Methods and effects of training - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize](#)

[Training Methods & Types Of Training – TeachPE.com](#)

Extension Tasks

Extension Tasks to stretch and challenge you	<p>To further your understanding of fitness tests some of the tests you have looked at can be completed at home or if you have a gym membership. Have a go at some of the tests and record your results. You can use “norm data” on the link below to compare your results to population norms across the UK.</p> <p>Click the relevant tests and check out the tables using the link below:</p> <p>Performance Evaluation Tests</p>
Massive Open Online Courses (MOOCs)	

BTEC Sport Part B – Preparing for Studying at Franklin

A fantastic opportunity to widen your understanding of the course.

Examining Board and Specification	<p>This course follows Pearson BTEC Level 3 National Extended Certificate (single)/Diploma (double) in Sport</p> <p>BTEC Nationals Sport (2016) Pearson qualifications</p> <p>We cover the following topics: <u>Single (Extended Certificate)</u></p> <ul style="list-style-type: none"> ● Anatomy and physiology (unit 1) ● Application of fitness testing (unit 5) ● Fitness training and Programming for health, sport and well being (unit 2) ● Professional development in the sports industry (unit 3) <p>Studying this course will give you a wide range of skills:</p> <ul style="list-style-type: none"> ● Practical analysis such as testing fitness. ● Scientific knowledge on human anatomy in sport. ● Coaching skills- using planning, organisation and communication. ● An insight into the sporting industry in the UK. ● Presenting and debating key topics in sport
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	<ul style="list-style-type: none"> ● Working as a team ● Health and safety/risk assessments <p>Progression after this course:</p> <p>This qualification will allow you to study a wide range of courses at university, such as Sport and Exercise Science, Sports Therapy, Sports Coaching, Sports Management etc.</p> <p>There are many different careers that students go into after studying Sport, such as Teaching, Sports Analyst, Sports Psychologist, Coaching,</p>
Preparing for the course	