

## BTEC Sport (Triple)

Please complete the below work in preparation for your start at Franklin this September. This work should be brought with you to enrolment and your first day at Franklin. If you aren't attending enrolment on site please just bring this when you first come to the college in September.

This should be completed in time for enrolment, work can be in a written or electronic format.

Any questions please contact our admissions department – [admissions@franklin.ac.uk](mailto:admissions@franklin.ac.uk)

### Task 1 –Exercise Physiology-The Respiratory System

1. Produce a hand drawn 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 following  
nose, trachea, larynx, bronchus, bronchioles, alveoli, pulmonary capillaries, lobes, diaphragm, intercostal muscles
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 involved. Compare 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 written detail how gaseous exchange (movement of carbon dioxide and oxygen) takes place at both sites.

### Task 2-Investigating the Effects of Exercise on Health and Lifestyle

#### 1. Exercise and physical activity

Research the positive physical impacts that exercise can have on the human body and explain why it has this impact (This can include, but not limited to, aspects such as strengthens bones, improves posture, alters body shape). Explain/discuss how exercise helps with the above aspects and research other physical impacts (try and not just list).

#### 2. Reduces risk of disease

Research and then explain how exercise can reduce the risk of chronic diseases, e.g. chronic heart disease, diabetes type 2, cancer. Think about the physiological impacts of exercise and therefore how it helps reduce the disease risk.

#### 3. Psychological, social and economic impacts

a) Research and then explain the positive psychological impacts of exercise e.g. relieves stress

- b) Research and explain the positive social impacts of exercise
- c) Research and explain the positive economic impacts on the economy (e.g. link to NHS, sick days etc)

### **Task 3-Practical Sports Rules and Regulations**

Investigate and write down the main rules involved in a **team sport** of your choice. Examples of sports you could choose from are; football / hockey / netball / basketball / rugby / cricket or any other team sport that has a recognised national governing body.

Use the following headings as appropriate to help ensure you cover key aspects:

- The field of play (court / pitch dimensions / layout)
- The ball (size / shape)
- The players (how many / what positions or roles)
- The player's equipment (what they wear / use in their sport)
- The referee (how many / what their role is / what part of the pitch they control)
- The other match officials (are there any other officials involved and if so what their roles are e.g. time keeper / 4<sup>th</sup> official)
- The duration of the match / game (how long games go on for / halves or quarters)
- The start and restart of play (how you start and finish a match)
- The ball in and out of play (what happens if the ball is out of play)
- Determining the match (who wins / how you win)
- Offside (circumstances when a player is offside)
- Fouls and misconduct (outline of all the fouls and things that are not allowed)
- Corners (types of corners / when a corner is awarded)
- Penalties (how to take the penalty / when a penalty is awarded)

Any other appropriate heading appropriate to your team sport

Resources:

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

<https://www.youtube.com/watch?v=sNI0sNI-o60>

<https://www.gov.uk/government/publications/the-eatwell-guide>

**Padlet link-**

<https://padlet.com/franklinsport/nq9e40h8dkdu>

**Use password active888 for access to padlet site shown above-watch the videos on the respiratory system to help with the above tasks**

[www.brianmac.co.uk](http://www.brianmac.co.uk)

[www.teachpe.com](http://www.teachpe.com)

National governing body web-sites: eg -  
[thefa.org.uk](http://thefa.org.uk)

Resources-

<https://padlet.com/franklinsport/nq9e40h8dkdu>

**Use password active888 for access to Padlet site shown above**

[www.brianmac.co.uk](http://www.brianmac.co.uk) [www.teachpe.com](http://www.teachpe.com) [www.livestrong.com](http://www.livestrong.com)

Present your findings using a written report and a variety of annotated diagrams that help to describe and explain each process.

Your report should be a minimum of 500 words and should be Hand written or **typed up in word/equivalent using key terminology that is spelt correctly**. Make sure this is presented as neatly as possible.