

BTEC Sport (Single)

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>Cardiovascular system – unit 1 anatomy and physiology consider musculoskeletal systems, cardiovascular systems, energy systems and respiratory systems. Two thirds of the first year will be learning about these systems and applying them to practice. You will have a written external exam at the end of year 1 on this topic.</p>
Task details	<p>Muscles</p> <ul style="list-style-type: none">- Find a blank diagram of the muscles. Print out and label as many muscles as possible. Use this website to help you with this task Muscle Anatomy (shapesense.com)- There are three types of muscle fibres (type 1, type 11a and type 11x), for each type describe their characteristics, functions and sporting examples when they are predominantly used. Please watch this video to help you with this task; Muscle Fibre Types (& Henneman's Size Principle) Muscular System 05 Anatomy & Physiology (youtube.com)- Research the following; what adaptations take place to the muscular system after a 12-week training programme? What impact does this have on sporting performance?-

Resources to help you with the Bridging Task	Muscle Anatomy (shapesense.com) Muscle Fibre Types (& Henneman's Size Principle) Muscular System 05 Anatomy & Physiology (youtube.com)
Extension Tasks	
Extension Tasks to stretch and challenge you	<ul style="list-style-type: none"> - If you would like to complete further work on the muscular system, research the impact that age (young and old) has on the muscular system and the impact on sporting performance.
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 cert)</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 wellbeing (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"> • Coaching skills- using planning, organisation and communication • Presenting and debating • Working as a team
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	<ul style="list-style-type: none"> • 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	