

BTEC National Extended Certificate in Sport

We want you to be really successful, and what it takes to be successful at GCSEs is different from being successful at A-Levels. Although you have fewer subjects there are different skills at A-Level and the volume of work is greater because the depth and detail is more demanding.

Bridging the Gap Work will reassure you that the subject you have selected is for you, or allow you time to change your choice of subject at enrolment, as long as there is space and you meet the entry criteria. We want you to study a course that interests you and you are sufficiently qualified to study.

Attempt these tasks below to provide you with an understanding of the BTEC National Extended Certificate in Sport.

Unit 1 - Anatomy and Physiology

You will explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.



Using one (or both) of the pictures above please answer the following questions:

1. Describe the joint movements taking place
2. Explain why muscle fibres are used in these activities
3. State one response of the respiratory system when starting exercise.
4. Describe the flow of blood from the right atrium through the heart to the pulmonary artery

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Unit 2 - Fitness Training and Programming for Health, Sport and Well-Being

You will explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

Nyle is a 19-year-old student who enjoys training and competing in the 100m sprint. Nyle has competed for his local athletics club for several seasons and he hopes to compete at the highest level he possibly can. Nyle has had a long time away from the sport. He is now determined to start training again as the athletics season will be starting soon. His athletics coach has suggested that he should take part in a full screening assessment for his health and wellbeing before his training programme begins. Nyle's coach has also suggested that he will need to change parts of his lifestyle if he is to achieve his sporting goals this season. Nyle's goals are to get back to training on a regular basis and try to achieve a new personal best in the 100 m sprint this season.

From reading the above scenario, please answer the following questions.

1. Identify Nyle's main aim from the scenario and state any barriers to success.
2. Provide and justify nutritional guidance for Nyle Hudson to meet his specific requirements.
3. Propose and justify different training methods that meet Nyle Hudson's training needs.

Unit 3 - Professional Development in the Sports Industry

You will explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.

1. Research the career and job opportunities in the sports industry. Choose one of the careers you think you may be interested in and explain why,
2. Based on the job chosen, explore your own skills identifying your strengths and weaknesses thinking about why you would be suitable for the role and what you may need to work on.