

World class thinking. World class achieving.

St Mary's College

SPORT

BTEC SUBSIDIARY & EXTENDED DIPLOMA
Pre-course reading and guidance





BTEC SPORT

WHY SHOULD I CHOOSE SPORT?

- › This course is structured to give a great deal of breadth in terms of what makes both competitive and grassroots sport. We look at a range of topics, from what can improve performance for an athlete to what can grow participation within a sport. As a vocational course, not all units will be taught inside the classroom, so it gives you a chance to get some hands on learning which is perfect experience if you are wanting a career in the field of sport!

WHAT IS THE COURSE STRUCTURE LIKE?

- › The course is a **two year** course. For a subsidiary diploma it consists of 7 units and for the extended diploma 19 units will be completed. There are mandatory units such as anatomy and physiology and fitness testing and then other units selected by your teachers such as sports massage. Each unit will be awarded a grade and a combination of the grades for all units dictates your final grade.



BTEC Sport- Unit 1: Anatomy & Physiology

Areas covered:

- Cardiovascular System
- Respiratory System
- Musculoskeletal System
- Energy Systems

SET TEXTS SUITABLE FOR PRE-READING:

- BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book (Pearson, 2010)- Mark Adams
- Principles of Anatomy and Physiology- Tortorra & Derrickson
- Anatomy and Human Movement- N. Palastanga

OTHER RESOURCES:

- Human Kinetics www.humankinetics.com
- Sport Science www.sportsci.org
- Sports Coach UK www.sportscoachuk.org
- Top End Sports www.topendsports.com



BTEC Sport- Unit 2: The Physiology of Fitness

Areas covered:

- Long Term Effects of Exercise on the Cardiorespiratory System.
- Short Term Effects of Exercise on the Cardiorespiratory System.
- Long Term Effects of Exercise on the Musculoskeletal System
- Short Term Effects of Exercise on the Musculoskeletal System.

SET TEXTS SUITABLE FOR PRE-READING:

- BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book (Pearson, 2010)- Mark Adams
- Exercise Physiology Laboratory Manual: Health and Human Performance- G Adams
- Fitness for Sport- R Hazeldine

OTHER RESOURCES:

- Human Kinetics www.humankinetics.com
- Sport Science www.sportsci.org
- Sports Coach UK www.sportscoachuk.org
- Top End Sports www.topendsports.com



BTEC Sport- Unit 3: Assessing Risk in Sport

Areas covered:

- Risk Assessments
- Public Health Acts
- NGB Health and Safety Practice

SET TEXTS SUITABLE FOR PRE-READING:

- BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book (Pearson, 2010)- Mark Adams
- Safety and Security at Sports Grounds- S Frosdick
- Managing Health and Safety in Swimming Pool- Sport England

OTHER RESOURCES:

- Central Council for Physical Recreation- www.ccpr.org.uk
- Health and Safety Executive- www.hsegov.uk
- Royal Society for the Prevention of Accidents- www.rospa.com
- Safe Sport- www.safesport.co.uk



BTEC Sport- Unit 7: Fitness Testing for Sport & Exercise

Areas covered:

- Components of Fitness
- Fitness Testing Protocols
- Data Analysis of Results

SET TEXTS SUITABLE FOR PRE-READING:

- BTEC Level 3 National Sport (Development, Coaching and Fitness) Student Book (Pearson, 2010)- Mark Adams
- ACSM's Guidelines for Exercise Testing and Prescription, 7th edition- American College for Sports Medicine
- Sports Exercise and Fitness: A Guide to Reference and Information Sources- M Allen
- Physical Fitness and Athletic Performance: A Guide for Students, Athletes and Coaches- A Watson

OTHER RESOURCES:

- Top End Sports www.topendsports.com
- American College of Sports Medicine www.acsm.org
- British Association of Sport and Exercise Sciences www.bases.org.uk

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Any further questions?:



Contact details:

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We also offer an **A level Physical Education AQA 7582** course at KS5.

Please see the relevant pre-course reading guidance for further details.