

Course:	<b>BTEC Diploma in Sport</b>
Specification and code:	Pearson BTEC Level 3 National Diploma in Sport: 603/0460/1
Exam Board website:	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>
Course outline:	<p>You will study a range of units across the 2 years. There will be 3 externally assessed units that will be completed under exam conditions. The remaining units are internally assessed and comprise a number of assignments.</p> <p>In year 1, you will study these units: “Professional Development in the Sports Industry”, “Investigating Business in Sport and the Active Leisure Industry”, “Skill Acquisition in Sport” and “Application of Fitness Testing”.</p> <p>In year 2, you will study the following units: “Anatomy and Physiology”, “Fitness Training and Programming for Sport and Well-being”, “Sports Leadership”, “Practical Sports Performance”, and “Work Experience in Active Leisure”.</p>
Summer Task:	<p>Preparation for Unit 5 “Application of Fitness Testing”:</p> <p>As a student on the Level 3 BTEC Sport programme a local sports club has approached you about the potential of becoming an established assistant coach for developing sports players in the club. The club are particularly interested in developing the physical conditioning of the athletes and are looking for someone to assist with the fitness testing procedures to determine the current fitness levels of a range of athletes.</p> <p>For any named athlete of choice, research the fitness tests below. Choose the <b>6 most appropriate fitness tests</b> for your athlete. Produce a presentation for the Head Coach explaining the different fitness tests you have chosen. You will need to explain the procedure and equipment required for each test. You also need to discuss the practicality, suitability, reliability and validity of each test. Lastly, you need to justify why you have chosen each test for your athlete.</p> <p><u>Physical fitness tests</u></p> <ul style="list-style-type: none"> <li>• Flexibility - sit and reach, shoulder flex test, calf muscle flexibility test, trunk rotation test.</li> <li>• Strength - 1RM tests, grip dynamometer, seven stage abdominal strength test.</li> <li>• Aerobic endurance - multi-stage fitness test, maximal oxygen consumption test (VO2max),</li> <li>• 12 minute Cooper test, Harvard step test, Rockport walk test.</li> <li>• Speed - sprint tests - 20 meters, 30 meters, 40 meters, 50 meters, 60 meters.</li> <li>• Muscular endurance - one-minute press-up, one-minute sit-up, wall sit test.</li> <li>• Body composition - skinfold callipers, bioelectrical impedance analysis, body mass index (BMI), girth measurements.</li> </ul> <p><u>Skill-related fitness tests</u></p> <ul style="list-style-type: none"> <li>• Agility - Illinois agility run test, T-test, Side-step test.</li> <li>• Balance - stork stand test, beam walk.</li> <li>• Co-ordination - wall-toss test.</li> <li>• Power - vertical jump test, standing long jump test, Margaria Kalamen power test, seated medicine ball throw, cricket ball throw test, Wingate test.</li> <li>• Reaction time - ruler drop test.</li> </ul> <p>Use the powerpoint and websites to support your research.</p> <p><u>Websites</u></p> <p>American College of Sports Medicine <a href="http://www.acsm.org">www.acsm.org</a>  British Association of Sport and Exercise Sciences <a href="http://www.bases.org.uk">www.bases.org.uk</a>  Coachwise <a href="http://www.1st4sport.com">www.1st4sport.com</a>  Human Kinetics <a href="http://www.humankinetics.com">www.humankinetics.com</a>  Sport Science <a href="http://www.sportsci.org">www.sportsci.org</a>  Sports Coach UK <a href="http://www.sportscoachuk.org">www.sportscoachuk.org</a></p>

	Top End Sports <a href="http://www.topendsports.com">www.topendsports.com</a>
--	---