

Course:	BTEC Diploma/Extended Diploma in Sport
Specification and code:	Pearson BTEC Level 3 National Diploma/Extended Diploma in Sport: 603/0460/1
Exam Board website:	https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html
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: “Anatomy and Physiology”, “Fitness Training and Programming for Sport and Well-being”, “Sports Leadership”, “Practical Sports Performance”, and “Work Experience in Active Leisure”.</p> <p>In year 2, you will study the following units: Professional Development in the Sports Industry”, “Investigating Business in Sport and the Active Leisure Industry”, “Skill Acquisition in Sport”, “Research Methods” and “Application of Fitness Testing”.</p>
Summer Task:	<p>Preparation for the “Anatomy and Physiology” Exam in January.</p> <p>You need to study Section A and complete the relevant section of the Workbook:</p> <p>A The effects of exercise and sports performance on the skeletal system</p> <p>A1 Structure of skeletal system Understand how the bones of the skeleton are used in sporting techniques and actions.</p> <p>A2 Function of skeletal system Understand how the functions of the skeleton and bone types are used in sporting actions and exercise.</p> <p>A3 Joints Understand how joints of the upper and lower skeleton are used in sporting techniques and actions.</p> <p>A4 Responses of the skeletal system to a single sport or exercise session</p> <ul style="list-style-type: none"> • Simulated increase of mineral uptake in bones due to weight-bearing exercise. <p>A5 Adaptations of the skeletal system to exercise The impact of long-term effects of exercise on sports performance.</p> <ul style="list-style-type: none"> • Skeletal adaptations – increased bone strength, increased ligament strength. <p>A6 Additional factors affecting the skeletal system Understand the impact of the skeletal system on exercise and sports performance and the impact of exercise and sports performance on the skeletal system.</p> <ul style="list-style-type: none"> • Skeletal disease – arthritis, osteoporosis, and the effect of exercise in offsetting these conditions. • Age – young children and resistance training issues stunting bone growth.