

Level 3 BTEC Sport
Transition work (All Students)

Introduction

As a BTEC Sport student you will be given various tasks which require you to work independently and research your own information in addition to that in the course material provided. This transition work will give you a good indication as to what will be expected of you throughout the 6th form.

GRADE	CRITERIA
Pass Grade:	You will demonstrate some understanding of the topics, linking fitness tests, training methods and health and skill related components of fitness. You will provide some guidance about ways in which the performer can improve further.
Merit Grade:	You will have a sound understanding of the topics and recognise the links between training and performance. You will be able to give advice on ways in which a performer can improve. You will begin to use correct terminology for body parts and recognise what the short and long term adaptations of exercise on the muscular system.
Distinction Grade:	You will demonstrate a good level of understanding across all topics and recognise clear links between training, performance and reviewing. You will be able to suggest a number of ways in which a performance can be improved providing clear data and information to support your ideas. You will regularly use correct terminology and be able to identify the short and long term adaptations of exercise on the muscular, skeletal, cardiovascular and respiratory system.

All BTEC Sport Students to complete Task 1, 2 and 3

Task 1 3 hours	<p>Choose a sporting performer of your choice.</p> <ul style="list-style-type: none"> IDENTIFY and DESCRIBE the health and skill related components of fitness that are important to the performer and why? (P) DISCUSS the nutritional requirements that the performer requires in order to train and compete successfully (M) EVALUATE the performers current training programme and suggest ways in which you think it could be improved. (D)
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Task 2 3 hours	<ul style="list-style-type: none"> IDENTIFY the major bones, joints and muscles of the body. Label a diagram using the correct terminology. In a table, list the immediate effects of exercise on the bones and muscles of the body. Watch these youtube clips: https://www.youtube.com/watch?v=lgd03h3te8 CV System https://www.youtube.com/watch?v=dH9K738oOGI Respiratory System IDENTIFY and EXPLAIN the immediate effects of exercise on the CV and respiratory system
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	<ul style="list-style-type: none"> IDENTIFY and EXPLAIN the long term benefits of exercise on the CV and Respiratory system.
Task 3 3 hours	<ul style="list-style-type: none"> Research the following leadership styles and provide information about each form of leadership Transformational leadership Transactional leadership Situational leadership IDENTIFY and EXPLAIN the different skills, qualities and characteristics required for different leadership styles. DISCUSS the importance of and use of self-reflection when planning, leading and reviewing of sessions.

Guidance

- Each task refers to a different unit for the BTEC Sport Level 3 course.
- Each individual task should last for around 3 hours. Ensure you spend sufficient time reading around the topic. Don't simply use the first piece of information that comes up on google.

BTEC Sport Diploma & Sports Leadership Students To complete task 1,2,3,4 and 5

Task 4 2 hours	<p>Record yourself or a friend/family member playing a sport.</p> <ul style="list-style-type: none"> Analyse the performance. Identify the strengths and areas of improvement. Consider how the strengths and areas of improvement impact the sports performance.
Task 5 3 hours	<p>Produce a 6 week session plan in order to improve yours or a friend/family members sports performance.</p> <ul style="list-style-type: none"> Produce a detailed series of plans for an individual to follow in order to improve their performance. Identify specific points to consider when planning each of the individual sessions. Identify and describe the strengths, weaknesses, opportunities and threats of your training programme. (SWOT Analysis)

BTEC Sport – Sports Leadership Students To complete Task 1, 2, 3, 4, 5 and 6

Task 6 2 hours	<p>Sports Leadership</p> <ul style="list-style-type: none"> Identify your own skills, qualities and characteristics as a sports leader.
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| | <ul style="list-style-type: none">• Discuss the importance of these skills and qualities within 2 different sporting activities or environments. |
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Sources of information to support you with this Assignment

Websites

Dorfman, H A – *Coaching the Mental Game: Leadership Philosophies and Strategies for Peak Performance in Sports and Everyday Life* (Taylor Trade, 2005) ISBN 9781589792586

Edginton C et al – *Leadership for Recreation and Leisure Programs and Settings* (Sports Publishing, 1999) ISBN 9781571674371

Hellison P and Martinek T – *Youth Leadership in Sport and Physical Education* (Palgrave Macmillan, 2009) ISBN 9780230612365

Martens R – *Successful Coaching* (Human Kinetics Europe, 2004) ISBN 9780736040129

Rhodes R and Hayward S – *Basic Coaching Skills: Building Leadership in Youth Sports. Based on the National Standard for Athletic Coaches* (American Coaching Institute, 2000) ISBN 9780967794105

American College of Sports Medicine www.acsm.org

British Association of Sport and Exercise Sciences

www.bases.org.uk

Coachwise www.1st4sport.com

Human Kinetics www.humankinetics.com

Sport Science www.sportsci.org

Sports Coach UK www.sportscoachuk.org

Top End Sports www.topendsports.com