



Excellence & Opportunity

Post-16 Transition Support

BTEC National Level 3 in Sport

Transition Project

In preparation for your course, you should complete the following tasks:

Anatomy and Physiology

Types of Joints & Bones

You should already know 2 types of joints; ball and socket & hinge. Listed below are 4 other types of joints. For each joint you need to research the following:

- Where these joints are found
- What their structure is
- What movements can occur there
- An example of a sporting movement where the joint would be used

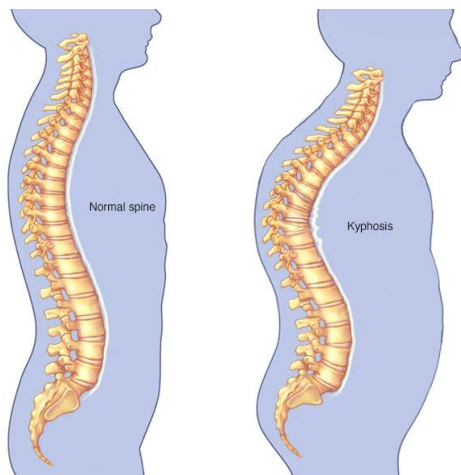
1. Condyloid:
2. Gliding:
3. Saddle:
4. Pivot

- Where would you find the following bones in the human body:

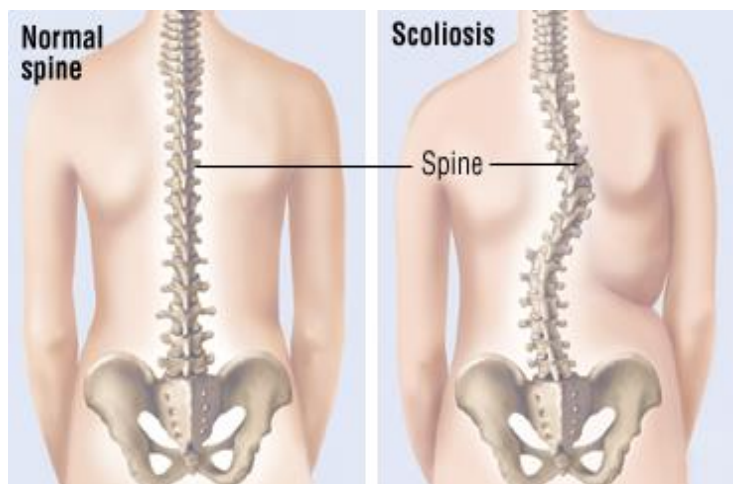
1. Long
2. Short
3. Flat
4. Irregular
5. Sesamoid

Postural deviations

The 2 images below show 2 types of postural deviations. A postural deviation is when the natural curve of the spine is changed. For each image describe the type of postural deviation (what it is/looks like & what causes it):



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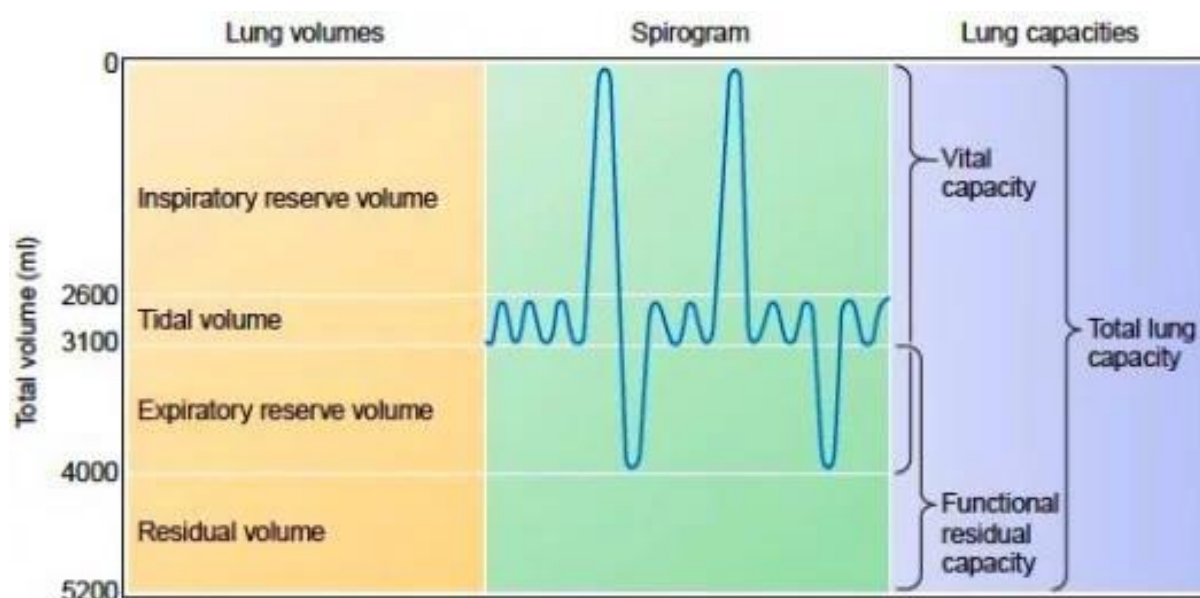
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Types of Muscle

There are 3 types of muscle fibre; Type I, Type IIa, Type IIx. Research all 3 types giving their alternative name and then explaining what their characteristics and capabilities are as well as what sports they would be used in, when and why.

Lung Volumes

Below is an image of the lung volumes which are measured by a spirometer. Explain what each one is and give the normative value for an average adult including the correct unit of measurement.



Altitude Training

Research what altitude training is, include the following:

- What it involves
- What happens as a result of it
- How it is beneficial
- What type of sports people would it benefit the most

Sudden arrhythmic death syndrome (SADS)

Research the condition SADS, include the following:

- What it is/why it happens
- Examples of SADS that have occurred in sports people
- What is being done to prevent it?



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Fitness training and Programming for Health, Sport and Well-being

Create a fitness and healthy living programme for John:

John's details

- Date of birth: 25.07.1984

Occupation and activity levels

- What is your occupation? Builder
- How many hours do you work daily? 7–8 hours per day with a 30-minute lunch break
- How far do you live from your workplace? I work in lots of different places
- How do you travel to work? Drive
- How active would you say your job was? Very active
- How many times a week do you currently take part in physical activity? Six days a week, twice a day
- What type of activity/exercise do you mainly take part in? Weight training

Nutrition

Section 3: Nutritional status				
1. Complete the food diary for the previous two days.				
Day 1	Breakfast	Lunch	Dinner	Snacks
Yes/No	No	Yes	Yes	Yes
Time of day		12.45pm	8.30–9pm	Variable times throughout the day
Food intake		Jacket potato with cheese and beans	Steak and potatoes	Chocolate bar Packet of crisps Peanuts
Fluid intake	3 x cups of tea, 3 pints of beer, 1 small bottle of water			
Day 2	Breakfast	Lunch	Dinner	
Yes/No	No	Yes	Yes	Yes
Time of day		12.45pm	8.30–9pm	Variable times throughout the day
Food intake		Ham and cheese sandwich 1 apple	Spaghetti Bolognese	1 apple Chocolate bar Peanuts
Fluid intake	3 x cups of tea, 3 pints of beer, 1 small bottle of water			
2. Do you take any supplements? If yes, which ones?				No

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Lifestyle and health

Please answer the following questions to the best of your knowledge.

1. How many units of alcohol do you drink in a typical week? **24**
2. Do you smoke? **Yes** If yes, how many cigarettes a day? **3 a day**
3. Do you experience stress on a daily basis? **Yes**
If yes, what causes you stress (if you know)? **I worry that my work may interrupt my training programme in the future.**
4. On average, how many hours sleep do you get per night? **7**

Section 5: Health monitoring tests	
Test results	
Test	Result
Blood Pressure	123/81 mmHg
Resting Heart Rate	65 bpm
Body Mass Index	35
Waist-to-Hip Ratio	0.80

Section 6: Physical activity/sporting goals

What are your physical activity/sporting goals?

To win my next weightlifting competition in 3 months' time.

To increase my strength and the amount of weight I can lift.

Questions on John's details

- Interpret the lifestyle factors and screening information for John. What does it tell you about his work, activity levels, nutrition and general health
- Provide lifestyle modification techniques for John. Concentrate on his nutrition
- Propose and justify different training methods that meet John's needs. Include some ideas of what he could do in the gym



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Professional Development in the Sports Industry

Research the possible job roles in each of the following categories:

- Sport and Leisure
- Sports Science
- Exercise and therapies
- Teaching and education
- Play work
- Gaming

Create a CV for a job in the sports industry that you are interested in. You must include:

- Your personal qualities
- Interests and accomplishments
- Qualifications
- Experience
- Employability skills
- Work history
- A letter of application (no longer than one side of A4)

Create a 30 minute lesson plan for a sport of your choice. You will be teaching 10 boys and 10 girls in year 7. You will need to consider:

- What equipment you will need
- What space your lesson can take place in
- How you can meet the needs of all the pupils
- Health and safety considerations

You will need to include:

- A warm up
- A lesson objective
- A main part of the lesson
- Differentiation to your lesson



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Practical Sports Performance

Examining the skills, techniques and tactics required to perform in selected sports.

- Explain the meaning of a sporting technique
- Explain the meaning of a sporting skill
- Use the following link to explain the 3 types of skill below <https://www.brianmac.co.uk/continuum.htm>

Type of skill? Discrete / Serial / Continuous? Why?



Type of skill? Discrete / Serial / Continuous? Why?



Type of skill? Discrete / Serial / Continuous? Why?

