



THE PRIORY ACADEMY

LSST

Sixth Form Induction Day

BTEC Sport Level 3 Extended Certificate



What are negative lifestyle factors?

TASK: In pairs, write down as many negative lifestyle factors that have an effect on our body

- Unbalanced diet
- Smoking
- Alcohol
- Drugs
- Stress
- Lack of sleep
- Sedentary lifestyle (what does this mean?)



Can you guess how many calories you'd burn with just 20 minutes exercise?

Leisurely walk	<input type="text"/>
Dancing	<input type="text"/>
Aerobics	<input type="text"/>
Swimming	<input type="text"/>
Skipping	<input type="text"/>
Climbing stairs	<input type="text"/>

GUESS
how
MANY?



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Qualifications, sizes and purposes at a glance

Title	Size and structure	Summary purpose
Pearson BTEC Level 3 National Certificate in Sport	180 GLH (240 TQT) Equivalent in size to 0.5 of an A Level. 2 units, both mandatory, 1 external.	An introduction to the sport sector through applied learning that supports progression to higher education. It forms part of a programme of study that includes other appropriate qualifications.

Pearson BTEC Level 3 National Extended Certificate in Sport	360 GLH (445 TQT) Equivalent in size to one A Level. 4 units of which 3 are mandatory and 2 are external. Mandatory content (83%). External assessment (67%).	A broad basis of study for the sport sector. This qualification is designed to support progression to higher education when taken as part of a programme of study that includes other appropriate BTEC Nationals or A Levels.
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Pearson BTEC Level 3 National Diploma in Sport	720 GLH (895 TQT) Equivalent in size to two A Levels. 9 units of which 6 are mandatory and 3 are external. Mandatory content (75%). External assessment (45%).	This is intended as an Applied General qualification, equivalent in size to two A Levels. It has been designed as part of a two-year programme, normally in conjunction with one or more qualifications at Level 3. This qualification is aimed at learners looking to progress to higher education in this sector.
Pearson BTEC Level 3 National Extended Diploma in Sport	1080 GLH (1390 TQT) Equivalent in size to three A Levels. 14 units of which 10 are mandatory and 4 are external. Mandatory content (78%). External assessment (42%).	This is intended as an Applied General qualification, equivalent in size to three A Levels. It is a two-year, full-time course that meets entry requirements in its own right for learners who want to progress to higher education courses in sport before entering employment.

Our course...



Structures of the qualifications at a glance

This table shows all the units and the qualifications to which they contribute. The full structure for this Pearson BTEC Level 3 National in Sport is shown in Section 2. You must refer to the full structure to select units and plan your programme.

Key

Unit assessed externally	M	Mandatory units	O	Optional units
FS	Fitness Services			

Unit (number and title)	Unit size (GLH)	Certificate (180 GLH)	Extended Certificate (360 GLH)	Foundation Diploma (540 GLH)	Diploma (720 GLH)	Diploma (720 GLH)	Extended Diploma (1080 GLH)
					FS		
1 Anatomy and Physiology	120	M	M	M	M	M	M
2 Fitness Training and Programming for Health, Sport and Well-being	120		M	M	M	M	M
3 Professional Development in the Sports Industry	60		M	M	M	M	M
4 Sports Leadership	60		O	M	O	M	M
5 Application of Fitness Testing	60		O	O	M	O	O
6 Sports Psychology	60		O	O		O	O
7 Practical Sports Performance	60	M	O	O		O	M
8 Coaching for Performance	60			O		O	M
9 Research Methods in Sport	60			O		O	M
10 Sports Event Organisation	60			O		O	O
11 Research Project in Sport	60			O		O	O
12 Self-employment in the Sports Industry	60				M		
13 Instructing Gym-based Exercise	60				M		
14 Exercise and Circuit-based Physical Activity	60				M		
15 Instructing Exercise to Music	60				O		
16 Instructing Water-based Exercise	60				O		
17 Sports Injury Management	60				O	O	O
18 Work Experience in Active Leisure	60				O	O	O



Benefits to BTEC

- Equivalent to an A Level
- Higher grades are more accessible
- Although a step up from GCSE, not as much depth to internal assessments as A Level
- Units are supportive of future careers in the sports industry



YEAR	ASSESSED EXTERNALLY	ASSESSED INTERNALLY
12	UNIT 1 – ANATOMY & PHYSIOLOGY (<i>WRITTEN EXAM</i>) UNIT 2 – FITNESS TRAINING & PROGRAMMING FOR HEALTH, SPORT & WELL-BEING (<i>WRITTEN TASK</i>)	
13	UNIT 1 & 2 RESITS - OPTIONAL	UNIT 3- PROFESSIONAL DEVELOPMENT IN THE SPORT INDUSTRY UNIT 4- SPORTS LEADERSHIP



UNIT 1- ANATOMY & PHYSIOLOGY

5 LEARNING AIMS:

- A- SKELETAL SYSTEM
- B- MUSCULAR SYSTEM
- C- RESPIRATORY SYSTEM
- D- CARDIOVASCULAR SYSTEM
- E- ENERGY SYSTEMS
- **F- BODY SYSTEMS IN COMBINATION**



WHAT IT LOOKS LIKE...

1b Osteoporosis is a condition in which bones lose their strength and are more likely to break, usually following a minor bump or fall.

Explain, using a named example, how weight bearing activities might help someone who suffers from osteoporosis.

³
Weight bearing exercise strengthens bones by laying down calcium deposits to increase the bone matrix. Therefore, brittleness is reduced. It also helps by increasing the production of osteoblasts which cause the synthesis of new proteins and collagen. This means there are more osteoblasts to mature and to create osteocytes.



The image below is of Helen Richardson Walsh during the Rio Games, 2016. She is a midfielder.



6 Evaluate the capacity of type 1 muscle fibres and the aerobic energy system to contribute to the performance of a midfielder during a game of field hockey.

8

*Midfield play in field hockey involves both aerobic and anaerobic activity types. A high proportion of type 1 muscle fibres would be an **advantage** to a midfielder **because** she would be able to **endure** a full 70 minutes of performance due to their **high fatigue resistance**. A **disadvantage** of these fibres is that they have **low contractile force** which make them less relevant to the midfielder **during a sprint** in a counter attack or a defensive*



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WHAT IT LOOKS LIKE...

1hr 30 minute exam.

Resits?

Fails?

Distinction – 68% (55 marks)

Merit – 45% (36 marks)

Pass – 24% (20 marks)

Near Pass – 11% (9 marks)

Typical results?

UNIT 2- FITNESS TRAINING & PROGRAMMING FOR HEALTH, SPORT & WELLBEING

Part A

Case study

John is a 32-year-old male who works approximately 7-8 hours a day as a full-time builder.

He takes part in regular exercise and has a passion for weightlifting. John has recently participated in numerous competitions to challenge himself further within his sport. John trains twice every day, once before and once after work, and tries to follow a diet plan that will maximise his potential and performance.

John has recently hired a strength and conditioning coach, as he wants to improve his weightlifting technique, as well as different components of fitness that can take him to a higher level within the sport.

John's coach has decided to put him through a health screening procedure to see what his general health is like, as well as design a new diet plan and a fitness training programme. The aim of this is to improve his components of fitness, with the main objective being to win the next competition in 3 months' time.

PART A- RELEASE DATE

PREPARATION TIME
FOR THE EXAM



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Section 4: Your Lifestyle

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.

CLIENT DECLARATION

I have understood and answered all of the above questions honestly.

Signed client: J. Smith Print name: John Smith

Date: 11/09/16

Taskbook

Please do not write answers outside the spaces provided.

You must complete all activities in this taskbook.

- 1 Interpret the lifestyle factors and screening information for John Smith.

12 marks

- 2 Provide lifestyle modification techniques for John Smith.

12 marks

- 3 Provide and justify your nutritional guidance for John Smith to meet his specific requirements.

8 marks

- 4 Propose and justify different training methods that meet John Smith's training needs.

8 marks

- 5 Design weeks 1, 3 and 6 of a six-week fitness training programme for John Smith.

6 marks

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity							

- 6 Justify the fitness training programme that you have designed for John Smith.

14 marks

RESULTS? TYPICAL RESULTS?

INTERNAL UNITS:

**UNIT 3- PROFESSIONAL DEVELOPMENT
IN THE SPORT INDUSTRY**

UNIT 4- SPORTS LEADERSHIP

- **Deadlines...**
- **Interview process**
- **Practical session to younger students**



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Top tips

- Revising early!
- Repeatedly using practice papers for both units 1 & 2.
- Achieving your target grade in Year 12 makes the 2nd year so much easier. No Resits!
- Any uncertainty on content must be questioned.
- With coursework, meet your deadlines.



Transition Work

BTEC HEALTH & SOCIAL CARE

BTEC LEVEL 3 IT

BTEC SPORTS STUDIES

BUSINESS

CHEMISTRY

COMPUTER SCIENCE

DANCE

DRAMA & THEATRE STUDIES

ECONOMICS

ENGLISH LANGUAGE

ENGLISH LITERATURE

FILM STUDIES

FRENCH

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