



ETONBURY
ACADEMY

6th Form Transition: Bridging the Gap KS4 – KS5

BTEC Sport

Week	Guidance / Instructions	Submitted assessed task	Submission date
1:	Task 1 About you: Answer questions regarding your choice to pursue a BTEC Sport Qualification. Task 2 Improving fitness: complete the tables regarding improving fitness.	Reflective answers to questions outlined Completed Tables	
2:	Task 3 Sporting Role Model: Introduce your sporting role model in at least 600 words.	Written Introduction to your sporting role model	
3:	Task 4 Playing Vacancy: Create a job advert seeking players for Stotfold FC	Completed advert	
4:	Task 5 Altitude Training: Answer the questions related to information on respiration.	Questions on Altitude and respiration Questions on inspiration and expiration	

BTEC NATIONAL LEVEL 3 Extended Certificate in Sport (Single)

Year 12 Transition **Booklet**

Introduction

The aim of this programme is to develop your knowledge and experience in sport. BTEC Level 3 National Extended Certificate in Sport is a theory-based course and is equivalent to 1 A level qualification.

The programme is designed to enable you to gain both academic and practical experience/knowledge and for you to become competent in areas that are directly related to the workplace.

The course is ideal for students planning to progress onto higher education to complete higher sport related qualifications. Potential students must demonstrate self-motivation, enthusiasm and a genuine commitment to their studies.

Assessment

This course is assessed through both coursework and examinations;

- Controlled assessment in Year 12 on Fitness Training and Programming for Health, Sport and Wellbeing – 33%
- Anatomy and Physiology Exam in Year 13 - 33%
- Professional development in the sports industry coursework unit – 12%
- Leadership in sport: coursework unit – 12%

There are many different career opportunities you can pursue from taking this course. Many students that have studied at STAC have gone onto study sports related courses at university.

You need to have the following interests /personal qualities

- Desire to learn
- Effort
- Working well with others
- Passion for sport
- Dedicated
- Organised
- Ability to listen to advice

Career Progression

- Sports Scientist
- Sports psychologist
- Sports journalism
- Sports analyst
- Gym Instructor/Personal Trainer
- Nutritionist
- Sports Coach
- Strength & Conditioning Coach
- Events Management

The aim is for you to carry out some areas of research in all four units you will be studying on the course. It will help you with your transition into 6th form in September.

BTEC Sport Bridging Work

Week 1

About You

Submit

Why did you choose BTEC Sport?

Did you do GCSE PE or BTEC Sport? What did you do well during the course that will help you with BTEC Sport at Sixth Form?

What are you looking forward to at ETA sixth form?

Do you know what job or sector you would like to work in? If so, give details

What are your personal strengths when it comes to studying?

What areas do you think you need to develop to enable you to achieve higher?

Fitness Training and Programming for Health, Sport and Well Being.



Specification Reference – Unit 4

A3 Lifestyle modification techniques

Common barriers to change: time, cost.

- Strategies to increase physical activity levels: at home, during leisure time,
- Stress management techniques: assertiveness training, goal setting, time management, physical activity, positive self-talk, relaxation, breathing techniques, meditation, alternative therapies,

Scenario

Emmanuel is 35 years old and used to be active but since losing his job as an estate agent four weeks ago he has become demotivated and does not do **any** physical exercise.

He has been fortunate to get another job but it is not starting for 2 weeks.

You need to plan some activities **for two weeks** to help him overcome his problems so he can be in a better place physically and mentally when he goes to his new job.

Task 1

You need to plan HOW he will improve the following:

- Improve his fitness
- Feel better mentally

Here are **some** ideas of how he can improve in these areas.

Improve Physical Fitness	Improve mental Health
<ul style="list-style-type: none">● Exercises at home● Going to the gym● Going running / walking● Playing football with his friends● Watching U tube clips of exercises	<ul style="list-style-type: none">● Socialising with friends● Doing Yoga● Meditation● Setting himself targets

He will not be working in the two weeks you plan so you can plan lots for him to do during the day.

Week 1

Submit

Complete the tables below with some activities to help him improve his fitness and wellbeing. He does not have lots of money so consider this in your planning. Week 2 should have more activities than week 1 as he will get a little bit fitter at the end of Week 1.

You need to put the make sure you put the following into your training plan for him.

- What the activities are
- How long he spends on the activity
- How much the activities will cost
- What intensity the activity will be

Monday AM	PM
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 2

Monday AM	PM
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Here are some helpful websites that may help you with choosing activities.

Give as much detail as possible.

Wider Reading

<https://www.nhs.uk/live-well/exercise/>

<https://www.sportengland.org/stayinworkout>

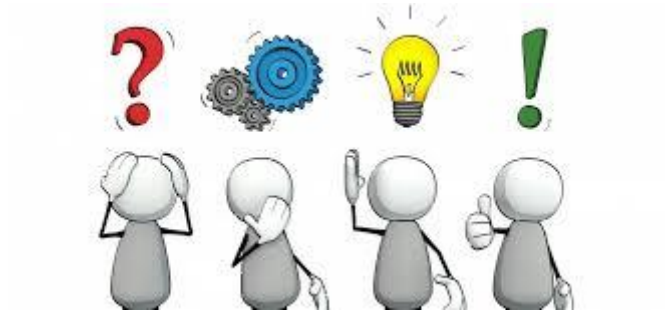
<https://www.gov.uk/government/publications/physical-activity-applying-all-our-health/physical-activity-applying-all-our-health>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>

<https://www.verywellmind.com/the-benefits-of-yoga-for-stress-management-3145205>

Task 2



Submit

Write a paragraph explanation about your planning for Week 1 and Week 2.

Hint- why did you choose those activities?

How is it going to benefit Emmanuel?

How did you adapt his activities from week 1 to week 2?

What did you find difficult when planning his programme of activities?

You need to submit this as a word document.

Week 2 Bridging Work.

Specification Reference

Leadership- Unit 4

Leadership can include:

- o strong relationship building
- o clear vision
- o positive and assertive personal image
- o positive attitude to and learning from failure
- o perseverance.

Task 1

Submit

Choose a sporting role model of your choice. This could be a player, coach or manager.

Introduce your sporting role model.

Here is an example



Zlatan Ibrahimović

At the age of 2, Zlatan's parents got divorced, he had a very difficult childhood in an immigrant populated town. He was a bicycle thief and a school bully but as a child, he was always interested in playing football. However, because of how tall he was, people mocked him and laughed when he told them he wanted to be a footballer. He made his debut in 1999 for Malmö FF. he then moved on to sign for AFC Ajax, Juventus, Inter Milan, F.C. Barcelona, A.C. Milan, Paris Saint-Germain, Manchester United, LA Galaxy and AC Milan. He has been playing for Sweden's national team from 2001-2016 and captained the team for 6 years from 2010-2016. During his time as PSG, he also captained the team.

You need to explain the following information about your sporting role model.

- What were/are their successes?
- Why are they a role model to you? Why do they inspire you?
- What mental and physical attributes do they have that make them your role model.
- You must give as much detail and examples in this essay.
- What are their major strengths?
- What are their weaknesses and how have they overcome these?
- Have they experienced failure and how did they respond to it?

- Pictures will make your document look good.
- Minimum 600 words.

This is to be submitted in a word document.

Week 3 Bridging Work

Specification Reference- Unit 3

A3 Professional training routes, legislation, skills in the sports industry Job descriptions and personal specifications for sports industry jobs.



Many footballers get noticed through school fixtures and academy programmes. However, some footballers will look for jobs on the internet to see what is available.

Scenario

You are the manager of Stotfold football club and you have put an advert on the internet looking for players.

You need to create an internet advert you have advertising looking for football players. This will include the job description of what is required.

To Submit

You need to create the advert for the internet looking for players.

What to include in the advert

- What experience you want the players?
- What position are you looking for?
- How much the player will be paid
- A job description for the position
- Some background about the club

This is to be submitted on a word or PowerPoint document

Wider Reading to help you

<http://www.thefa.com/>

<http://www.premierleague.com/>

<http://www.givemefootball.com/>

<https://www.inputyouth.co.uk/jobguides/job-footballer.html>

<https://nationalcareers.service.gov.uk/job-profiles/footballer>

Week 4 Bridging Work

Altitude Training



Specification Reference- Unit 4

C7 Additional factors affecting the respiratory system

Understand additional factors affecting the respiratory system and their impact on exercise and sports performance.

- Effects of altitude/partial pressure on the respiratory system.

Read the following Article on Altitude Training and answer the following questions. You will be expected to do your own research to answer all questions in detail.

http://news.bbc.co.uk/sport1/hi/olympic_games/world_olympic_dreams/9432880.stm

To submit – on a word document

- 1.) Where is a great destination to carry out altitude training and why?
- 2.) What is the reason many endurance athletes use altitude training?
- 3.) Explain the live high and train low method.
- 4.) What countries have had a great history of success of endurance events from altitude training? Why is this?
- 5.) Why were the England Football team criticised for using altitude training following their failure at the 2010 World Cup.
- 6.) What can be the negative short term symptoms on the body when training at high altitude?
- 7.) What happens to the respiratory system over time to make altitude training successful?
- 8.) Give an example of a British sportsperson who uses altitude in their training. Give as much detail as possible.

To Submit

- 1 Place the following sentences describing the process of inspiration into the correct order.

Order	Sentences
	This causes a drop in pressure within the lungs to below atmospheric pressure.
	This encourages air to be drawn into the lungs.
	This thorax expands in all directions.
	The intercostal muscles between the ribs contract to lift the ribs upwards and outwards.
	The diaphragm is forced downwards.

- 2 Write your own definition of expiration, explaining what parts of the respiratory system are involved in the process and how sport and exercise affects the process.