

Course
Transition



Bridging the Gap
from School to College













Warlingham
Sixth Form College

Year 11 > Year 12 Transition
Summer Term 2022
BTEC Sport



TABLE OF CONTENTS

		Page No
	Course Overview	1-2
	Our Expectations	3-4
	Using Cornell Notes	5
	Review / Revise	6
	Watch	7
	Listen to	8
	Read	9
	Research	10-11
	Complete	12
	Appendices / Resources	13



COURSE OVERVIEW

Board: Edexcel



This course can be taken as the equivalent of one A Level and provides an introduction to the sector for learners looking to build a career in sport, within one of its occupational areas. These areas include careers in exercise and fitness, coaching and leadership, sports development and the outdoors.

The specification gives learners a broad basis of study for the sport sector. The course is designed to support progression to higher education by developing transferable skills that Universities value. The new changes to the 2016 specification require students to be assessed externally, as well as internally, in accordance with new government guidelines.

Units

There are four units for this course:

Unit 1: Anatomy and Physiology in Sport

Unit 2: Fitness training and programming for Health, Sport & Well-being

Unit 3: Professional development in the sports industry

Unit 7: Practical Sports performance

Assessment

Units are assessed using a grading scale of Distinction (D), Merit (M), Pass (P), Near Pass (N) and Unclassified (U). The grade of Near Pass is used for externally-assessed units only.

Unit	Assessment Type	Grading Contribution
Unit 1: Anatomy & Physiology	1 hour 30 minute exam Marks out of 80	33%
Unit 2: Fitness training and programming for health, sport and wellbeing	2 hour 30 minute controlled assessment Marks out of 60	33%
Unit 3: Professional development in the sports industry	Internally assessed Coursework	16.5%
Unit 7: Practical Sport performance	Internally assessed Coursework	16.5%

Possible Careers and Further Education

Careers in sporting sectors such as, exercise and fitness, coaching and leadership, sports development and the outdoors.



COURSE OVERVIEW

Unit-by-Unit Overview

Unit 1: Anatomy and Physiology

- The Skeletal System
- The Muscular System
- The Respiratory System
- The Cardiovascular System
- Energy Systems



Unit 2: Fitness training and programming for Health, Sport, and Well-being



- Examine lifestyle factors and their effect on health and well-being
- Understand the screening processes for training programming
- Understand programme-related nutritional needs
- Examine training methods for different components of fitness

Unit 3: Professional development in the sports industry

- Understand the career and job opportunities in the sports Industry
- Explore own skills using a skills audit to inform a career development action plan
- Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway
- Reflect on the recruitment and selection process and your individual performance



Unit 7: Practical Sports Performance



- Examine National Governing Body rules/laws and regulations for selected sports competitions
- Examine the skills, techniques and tactics required to perform in selected sports
- Develop skills, techniques and tactics for sporting activity in order to meet sport aims
- Reflect on own practical performance using selected assessment methods



OUR EXPECTATIONS

College Expectations for Academic Success

The College will work closely with all students and parents to create a purposeful, creative and stimulating environment in which students are encouraged to fully develop - both academically and personally.

We will expect you to take responsibility for your own behaviour and learning. The current College Committee along with the student body have discussed and agreed that students should commit to:

- Ensuring academic success through regular attendance and punctuality at all required registrations, lessons, supervised study lessons and Inspire Periods. Attendance which drops below 95% reduces Key Stage 5 performance by at least one grade, so it is taken very seriously.
- Completing all set tasks on time to the best of your ability, making full use of study periods and homework to enable you to meet all deadlines.
- Using study time effectively by bringing all required equipment and resources with you and making full and regular use of the College study rooms and LRC, respecting the need for silent studying conditions.
- Working closely with all your teachers to develop an effective working relationship based on mutual respect and discussing your work with them on a regular basis and meeting targets set.
- Developing your skills as an independent, self-evaluative learner and work closely with your tutor in monitoring and discussing your academic progress. As an independent learner, if you miss a lesson, it is your own responsibility to find the teacher and catch up with the work missed.
- Organising your work efficiently and effectively into folders for each subject, making full use of individual subject expectations and using Cornell Notes daily to ensure work in your folders is relevant and meaningful.
- Keeping mobile phones out-of-sight in all classrooms and during assemblies so that lessons are not disturbed and/or important information is missed.
- Attending all parents' evenings and arrange appointments with your teachers to discuss your progress and work.



OUR EXPECTATIONS

Course-specific Expectations for Academic Success:

The PE department will support you fully to complete all of your academic work both in lesson and when working independently. To help us support you to reach your potential and achieve the highest grade possible we ask that you meet the following PE department expectations throughout the duration of your studies:

1. Develop independence and a curiosity in the topics we cover.
2. Be organised.
3. Keep a folder in school and at home so that you always have access to your resources.
4. Use your supervised study periods effectively.
5. Keep to deadlines, be on time to lessons.
6. Inform the member of staff if you are going to be absent. Contact the member of staff to catch up with any work missed.
7. Do not be afraid to ask for help. Either at the end of the lesson or email the member of staff concerned.

Theory Lessons

- 1) Always complete work on time. Homework may well be set to support learning in the next lesson. When this isn't completed it reduces the opportunity to extend your knowledge in the next lesson and can impact the rest of the class.
- 2) Complete all background reading.
- 3) Make sure you understand all key words and that you have a good understanding of the criteria set.
- 4) Keep up to date with all tasks set and work steadily. Do not leave everything to the last minute!

Practical

- 1) Always bring correct equipment or kit for participating in practical activities. We do not expect you to wear formal PE kit however we do expect you to wear appropriate sports attire when doing practical activities.
- 2) Remove all valuables and jewellery.
- 3) You never know if the lesson may be used as practical evidence, so if you have the right kit and your hair is tied back. You will always look the part and prevent things from being re-filmed.



USING CORNELL NOTES

The Cornell Notes system is a note-taking system devised by Walter Pauk, an education professor at Cornell University. It is a proven method that establishes a more effective learning process.

It is designed to help the user think and reflect upon the notes they have made as well as making them more useful for revision purposes.

Please [click here](#) to watch a video that explains how to take Cornell Notes properly.



REVIEW / REVISE

Anatomy and Physiology

1. The Skeletal System

- Location of major bones
- Function of the skeleton
- Types of joints
- Types of movement at a synovial joint

2. The Muscular System

- Location of Major muscles
- The role of muscles in movement

3. The Cardiovascular System

- Structure of the heart
- Pathway of blood through the body
- The blood vessels

4. The Respiratory System

- The pathway of air
- Respiratory muscles and breathing
- Respiratory Values
- Alveoli and gaseous exchange
- The short term effects of exercise
- The long term effects of exercise

5. The Components of Fitness

6. The Principles of Training

7. Types of Training

Health, Fitness and Well-being

1. Sedentary Lifestyle

2. Diet and Nutrition

- Eatwell guide
- Food groups
- Water and hydration

Practical Sports - Rules and Regulations

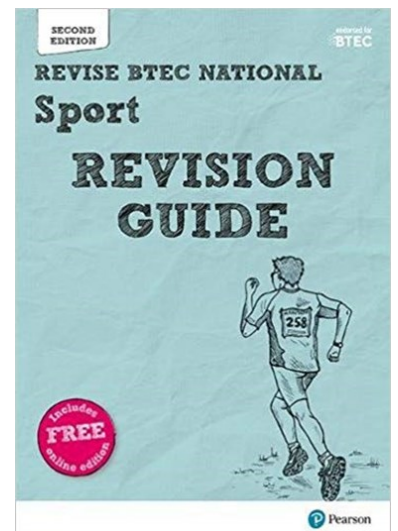
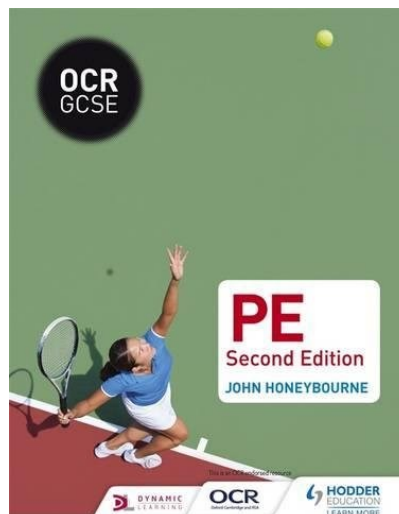
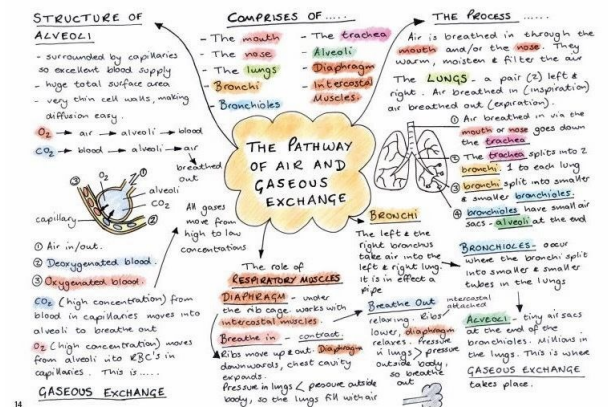
How much do you know about the rules and regulations of individual and team sports?

Examples of Individual sports: (a sport the individual performs on their own).

Athletics, Badminton - singles, Boxing, Cycling events, Golf, Gymnastics, Judo, Sailing, Swimming, Table-tennis - singles, Trampoline.

Examples of Team Sports: (a minimum of 2 individuals who compete to win against opposing teams).

Basketball, Cricket, Badminton - doubles, Football, Hockey, Lacrosse, Netball, Volleyball, Rugby League, Rugby Union, Table-tennis - doubles.





WATCH

Why watch? Pick something below or one of your own choice or interest to develop your understanding of practical sports performance and what is involved. Click on the titles to play the videos.



Netflix

The Game Changers - A documentary on finding the optimal diet for human performance & health. Looks into pros opting for a plant based diet.

Crossfit Games Videos - Top flight athletes competing in Crossfit. Really good look at a range of training methods being used.

Sunderland 'Til I Die' - Following the North East club in their 2017/18 EFL Championship season, Netflix likely planned to film the story of a side returning to the riches of the Premier League. Only instead of getting promoted,



"Concrete Football," - Welcome to a world where trash talk stands alongside generosity, where the border between success and failure is way too porous, and where dress code and skill move are of equal importance.

Professional Athletes Documentaries



Wayne Rooney - The man behind the goals

The Zoya Factor

The Ronda Rousey Story: Through My Father's Eyes

Amazon Prime

This is Football - This Is Football is an epic event series, which explores the true spirit of the beautiful game and examines the magic of a sport that unites people all over the world.

BBC iPlayer

The Truth About...

Getting Fit

Healthy Eating

Calories

TED Talks

Are athletes really getting faster, better, stronger?

Extreme Sports (8 talks)

YouTube

Methods of Assessment (Unit 7) - Focus on the use of subjective, objective and SWOT methods of assessment to analyse sports performance. Watch the following introduction to objective performance analysis using notational analysis in badminton.



Analysis of techniques in sport – Watch these two Roger Federer clips ([link 1](#) and [link 2](#)) and think about how you could place the technique points made into these 3 categories: Preparation, Execution and Result/Follow through/Recovery.



Tactics in Sport – Start thinking about your own strengths and weakness in your two sports. Watch the clip and consider when and why would you use a high serve in badminton singles?



LISTEN TO

Podcasts: Why listen? When on the move or completing other tasks, enjoy the medium of sound. Use these as a starting point to look at some of the issues in individual and team sports. Click on the titles to listen.

BJSM (British Journal of Sports Medicine) Podcasts



It covers all sorts of aspects of Sports Medicine, from the science behind running shoes to the power of sleep.

Don't tell me the score

This Podcast explores what sport can teach us about life and how best to live it? Each week Simon Mundie sits down with an expert and uses sport to answer life's big questions. There are currently over 50 episodes available and therefore, start with one you like the sound of.



That Peter Crouch Podcast

Peter Crouch, Tom Fordyce and Chris Stark bring you their guide to being a professional footballer. As well as being very funny, this podcast also provides a fascinating insight to what life as a professional footballer is really like!

At Home with Colin Murray

Colin Murray talks to some of the biggest names in sport in a truly unique setting...in either his house or theirs!

Wayne Goldsmith Coaching: Sports Thoughts: Sideline and Referee abuse

Football: 31 Jul 2019 - We look at the bad side – the issue of sideline abuse of referees, umpires, touch-judges and other officials and the upside – the potential for ... This podcast gives an insight into the roles and responsibilities of a young football referee that can be tricky to deal with.



Netballers: 18th June 2019: 44mins

This looks at incidents of Netball rage and the rules that this might impact.



Boxing - 3 Knockdown Rule

Mario Lopez and Steve Kim recap Tyson Fury vs Deontay Wilder 2, preview Mikey Garcia vs Jessie Vargas & much more! Discuss the tactics of the success of Tyson Fury.

Swimming: (4:19) Creating A Mindset...

Andrew Read talks about his program 28-day Challenge. Andrew talks through how important going back to the basics is and some of the necessary skills to influence your success at living a healthy lifestyle.

Table-tennis Daily Podcast (28 minutes)

Mattias Falck talks about his incredible 2019 Silver winning World Championship performance!



The BBC Academy podcast: How to get a job in sports broadcasting

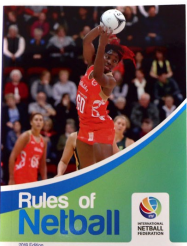
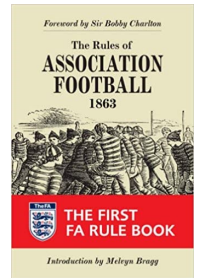
This podcast gives tips on getting your first break in the industry. 20 mins



READ

Books - Click on the titles to read.

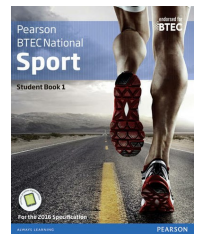
The Rule Book of The FA from 1863 - One of the most important books ever published. When these rules were originally published, it became possible for everyone, everywhere to play the same game, and it was this that enabled the 'beautiful game' to become the worldwide force it is today. As Sir Bobby Charlton explains in the foreword, the fourteen original rules embody the essence of the game, and instil admiration for the honesty, courage, and skill of its players.



Netball - Official Netball Rule book: 2018 Edition

Table-tennis: By Martin Hughes - To improve your knowledge and expertise in the game. Looking at skills, techniques and tactics.

Pearson BTEC National Sport - Unit 7: Practical Sports Performance and Unit 3: Professional Development in the Sports



The Comprehensive Guide to Careers in Sports - An overview of what students should consider and expect from the varied career options available to them in sports.

Women Who Dare - A celebration of feminine beauty, athleticism, wisdom, and skill. Profiles twenty of America's most inspiring women climbers.

Articles

1. Swimming article: Swimming case shows tension between sport and competition law
2. Netball article: Rules and Regulations
3. IFNA Netball Rules PDF



Websites - Practical Sports

Badminton Association of England

British Gymnastics

UK Sport

English Basketball Association

The British Olympic Association

UK Athletics

NHS Website - Lifestyle Factors

Smoking 1 / Smoking 2 / Alcohol / Stress / Sleep / Exercise / Balanced Diet

Health Monitoring Tests: Blood Pressure / Resting Heart Rate / Waist to Hip Ratio / BMI

Diet: Caffeine Eatwell Plate Diet Examples

Additional Websites for Reading

British Heart Foundation – Health, lifestyle, nutrition, hydration, heart disease, exercise, food labelling, questionnaires, smoking.

BrianMac – Sports drinks, fitness testing, training, programming.

Department of Health – Obesity, healthy eating, initiatives, factsheets for government recommendations for physical activity (various age groups).

Topend Sports – Resources on fitness testing, fitness training and nutrition.



RESEARCH

Lifestyle Factors

Using the **NHS Website (Lifestyle Factors)** to help you, research the six following lifestyle factors; alcohol, smoking, stress, sleep, exercise and balanced diet. Consider; government guidelines (e.g. how much a week), positive and negative health effects of too much or too little.

Health Monitoring Tests

Research how to undertake the following health monitoring tests; **Blood Pressure** / **Resting Heart Rate Table** / **Waist to Hip Ratio** / **BMI**. Research population norms for each test.

Training Methods

Research two methods of training for the following components of fitness; aerobic endurance, strength, muscular endurance, flexibility, speed, agility, balance, co-ordination, reaction time and power.

Practical Sports - Tasks

Think about the two sports that you would particularly like to study on this course. One must be individual and one must be team.

1. Have a think about the sports that you are most interested in and are perhaps the best at. Then find out what the governing bodies are for your sport.
2. Watch some of the recommended films/ programmes. If you don't have access to Netflix or Amazon Prime for example, have a look at the links and/or do some of your own research on the sports that you are interested in (individual and team). This will help to develop your background knowledge around the sport.
3. Research some video clips of where players might have broken some rules. Think about what happens to the players. What impact does that have on the game?
4. Write down as many rules and regulations that you can think of for your sports. If you are struggling go to either one of the websites provided or do your own research.
5. Do you know what a skill, technique or tactic is in each of your own sports? Define each of them.
6. Identify some of the best players in your individual or chosen sport. Research some of your own clips to see/show how good he/she is when performing.





RESEARCH

Performance Analysis

It is a fast growing area and more people are choosing it as a career. You may want to consider a career in this area and applying to University to study it.

The University of Suffolk is one of many universities offering courses in this area.

Watch this: **BSc (Hons) Sport Performance Analysis Degree at University of Suffolk**

Access the UCAS course search for other similar courses. [Click here.](#)

Data Scientist

Do you want to become a data scientist?

What role does analytics play in modern sport?

Check out this case study of an NBA data scientist: [Click here.](#)





COMPLETE

Tasks

1. Make Cornell notes on Pearson BTEC National Sport - Unit 7 Practical Sports Performance.
2. Create an A4 mind map for each of the following topics; the Skeletal System, the Muscular System, the Respiratory System, the Cardiovascular System and Energy Systems. Your mind map headings should include; structure, function, responses to exercise and adaptations to exercise. Use BBC bitesize to help you. Please [click here](#).

3. Using the **NHS Website (Lifestyle Factors)** to help you, complete a mind map on the six following lifestyle factors:

Smoking 1 / Smoking 2 / Alcohol / Stress / Sleep / Exercise / Balanced Diet

4. Choose a film from the list provided on a sports star. Outline the reasons as to why the individual was successful in their career. What were their strengths and weaknesses? What opportunities or setbacks did the individual experience?
5. Research your own podcast that provides key tips on a successful sport job interview. Write down the 5 most important things to remember.

6. Read one of the articles on the reading page and produce your own notes that enable you to summarise the key points of the article.

7. Find an example of a job description in the sports industry. What skills from your research would match that job role? For example what would be a job description for an elite Football coach? What skills would he/she need?



8. Unit 7 - Questions to answer:

What are the governing bodies and international governing bodies of your two main sports? What do they do? What is the codification of rules? What types of competitions are there in your sport? What are the roles and responsibilities of officials in both individual and team sports?

9. Watch this [badminton match clip](#) twice and whilst doing so, choose one of the players and complete a notational analysis tally chart analysing their performance. Create your own copy of the table below and complete the task. When you have completed this task twice consider what the data tells you about each player - does it correspond with the outcome of the game?

Objective Performance Data - Notational Analysis				
Player A Tally	Total		Total	Player B Tally
		Number of serves in		
		Points won on serve		
		Points lost on serve		
		Points won on forehand		
		Points lost on forehand		
		Points won on backhand		
		Points lost on backhand		
		No of points lost on unforced errors		
		No of points lost hitting out of court		
		No of points lost hitting the net		
		Good attacking tactics		
		Good defensive tactics		



APPENDICES / RESOURCES

Course Books

1. BTEC Sport Student Book
2. BTEC Sport Revision Guide - Units 1 and 2
3. BTEC Sport Workbook - Units 1 and 2



Unit 3 - Professional Development in the Sports Industry

To be a successful BTEC student in Sport and to have a good understanding of this course and Unit 3, you will need to have a secure understanding of the various job roles and opportunities that are available within the sports industry. Knowing about careers in sports and how to apply for a career in sport will really help you to get a sound understanding before you start the course.

It would benefit you to think about the different types of sports careers that you might be most interested in researching. Perhaps Identify two contrasting careers that you would be interested in doing or finding out about.

Knowing about the opportunities available within each career, for example, the career pathway or route to promotion will help with understanding the job prospects and requirements. In addition, when applying for a job, do you have an understanding of the procedure? Where might you look for job advertisements? What are the requirements of each stage of the job application process? What skills are required in a good interview?

Additional Articles / Websites (Unit 3)

<https://www.reed.co.uk/career-advice/career-in-sport/>

<https://targetcareers.co.uk/careers-advice/choosing-your-career/1034364-careers-in-sports>

<https://www.theguardian.com/careers/2016/oct/21/how-to-get-a-job-in-elite-sports>

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

https://www.bases.org.uk/imgs/bases_careers_guide_non_members_version622.pdf

Careers in Sport - Information about career options in the sports industry.

National Careers Service - Information about different careers and advice and guidance about the process of finding a job.

UK Sport - Information about sports-related jobs in the UK.

www.globalsportsjobs.com

www.sportsaid.org.uk

www.neuvoo.co.uk/

www.info.lse.ac.uk

Hong, C.S. and Harrison, D.(2011) Tools for Continuing Professional Development, London : Quay Books English Institute of Sport British Cycling Sport England