



Stone Lodge Sixth Form Summer task

Subject: BTEC Extended Certificate in Sport (Equivalent to 1 A Level)

Skills that you will need to be successful in this course are:

- **Well organised**
- **Questioning-** be prepared to ask many questions and contribute to class discussions
- **Critical thinking** – want to know the why and make links across topics
- Follow the recommended **reading** list to enhance your understanding
- **Application of your knowledge** across other situations and scenarios
- **Resilient** with demanding the best from yourself

Details of task to be completed (2-3 hours) and submitted in your first lesson

Task 1

One of the first units you will be studying when joining us in September will be Unit 1: Anatomy and Physiology. You will be delivering a 20-minute activity to a small group of your peers.

This activity needs to be interactive for the students but must demonstrate your knowledge of Skeletal or Muscular body system. You can choose a topic from below:

- Structure of the skeletal system- names/ types/ areas.
- Function of the skeletal system- including function of the different bones.
- Joints- classification- types/ range of movements
- Muscular system- characteristics and functions of different types of muscle
- Antagonistic muscles and the types of skeletal contraction.

Name of suggested reading – structured powerpoint, articles, web articles, podcasts, youtube videos or extracts from books

- Everlearner- website- sign up for trail
- BTEC Pearson National Sport text book- Student book 1
- Planet P.E- youtube- Anatomy and Physiology BTEC sport 2016
- [Unit 1- Sport BTEC LEVEL 3 Anatomy and Physiology Flashcards | Quizlet](#)
- Human Anatomy and Physiology- 10th Edition



Task 2

You will also be studying Unit 3: Professional Development in the Sports Industry. To prepare for the unit you need to research different active leisure opportunities in the local area.

Step 1: Locate as many different Active leisure opportunities in the local area of Stone/ Dartford. These could include local authority sports centres, private health and fitness clubs, voluntary sports clubs.

Step 2: Use a map to show location of these leisure opportunities.

Step 3: Identify if they are a private/ public or voluntary opportunity.

This task will involve you researching the local area, using a map (see below for example)

