

**National Extended  
Certificate In  
Sport  
BTEC LEVEL 3**

**Year 11 – 12  
Transition**

(2021)

# COURSE INFORMATION

## Course being studied:

BTEC Level 3 National Extended Certificate in Sport

## Units studied:

**Unit 1:** Anatomy and Physiology

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

**Unit 3:** Professional Development in the Sports Industry

These units are mandatory and are required to complete the course.

## Additional unit required to complete the course

**Unit 7:** Practical Sports Performance

For this unit, you will be required to perform and be assessed practically in **2 sports**.  
1 sport must be an individual sport and 1 sport must be a team sport.

Unit 1 and Unit 2 are externally assessed ~ worth 33% each.

Unit 3 and Unit 7 are internally assessed ~ worth 17% each.

The externally assessed units are written examinations.

The internally assessed units are a combination of videoed practical work and written coursework.

## Grading criteria

The criteria for each unit varies between a pass up to a distinction, a combination of grades can be achieved across a unit. Distinction\* can be achieved overall if you achieve a distinction in **all** of the units.

## **Important information regarding mandatory units!**

You **must pass** all the mandatory units at a pass or above to complete the course.

## Course Expectations

- 100% attendance to lessons.
- Excellent behaviour towards the learning environment.
- Good practical ability in 1 individual and 1 team sport - **at least one** of these should be played outside of school.
- Positive contributions to class discussions.
- Participate in presentations and work as a team when required.
- You **must** attend additional support sessions if required due to underperformance (eg if on a Smith form for intervention).
- Meeting coursework deadlines.

## Assessment Expectations

- All learner work must be submitted on the given deadline day. If not the grade will be capped at pass level regardless of criteria.
- All learners work needs to have the name and assignment title in the header and page numbers in the footer.
- All coursework **must** be your own work - any indication of plagiarism will be treated severely and may result in your work being marked as a 'FAIL'. Any use of source material (eg BMI chart) or websites used to support your work must be correctly referenced.
- All learners need to have submitted their work with a signed declaration form, this form states that is your own work.
- For written examinations, you will be given at least 1 mock exam prior to the final exam - it is expected that you fully prepare for this exam as if it was your actual exam.

You will be starting the year in September studying Unit 1 - Anatomy & Physiology.

## UNIT 1

In this module, learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.

### Assessment Outcomes (that you will be judged against)

AO1 - Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system  
Command words: describe, give, identify, name, state Marks: ranges from 1 to 4 marks

AO2 - Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance  
Command words: describe, explain, give, name, state Marks: ranges from 1 to 4 marks

AO3 - Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system  
Command words: analyse, assess Marks: 6 marks

AO4 - Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements  
Command words: assess, evaluate Marks: 6 marks

AO5 - Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems  
Command words: analyse, assess, discuss, evaluate, to what extent Marks: 8 marks

### Learning Aims

There are 5 learning aims through which the course is delivered. This helps to break the module down into smaller sections to aid progress and learning.

The effects of exercise and sports performance on:

A - Skeletal System

B - Muscular System

C - Respiratory System

D - Cardiovascular System

E - Energy Systems

It is **expected** that you will complete the following tasks to ensure that you are fully prepared to meet the demands of the course in September.

Some useful websites to help you:

[www.nhs.uk/livewell](http://www.nhs.uk/livewell) (NHS website - healthy lifestyle)

[www.bhf.org.uk](http://www.bhf.org.uk) (British Heart Foundation)

[www.cdc.gov](http://www.cdc.gov) (Government website - Centres of Disease Control and Prevention)

[www.bases.org.uk](http://www.bases.org.uk) (British Association of Sport and Exercise Sciences)

[www.eis2win.co.uk](http://www.eis2win.co.uk) (English Institute for Sport - improving athlete performance)

## Task 1 - Overview



The body systems - *What do you know??!*

For each of the following body systems, write one sentence about where & how you might use that body system in sport.

Skeletal System: \_\_\_\_\_

Muscular System: \_\_\_\_\_

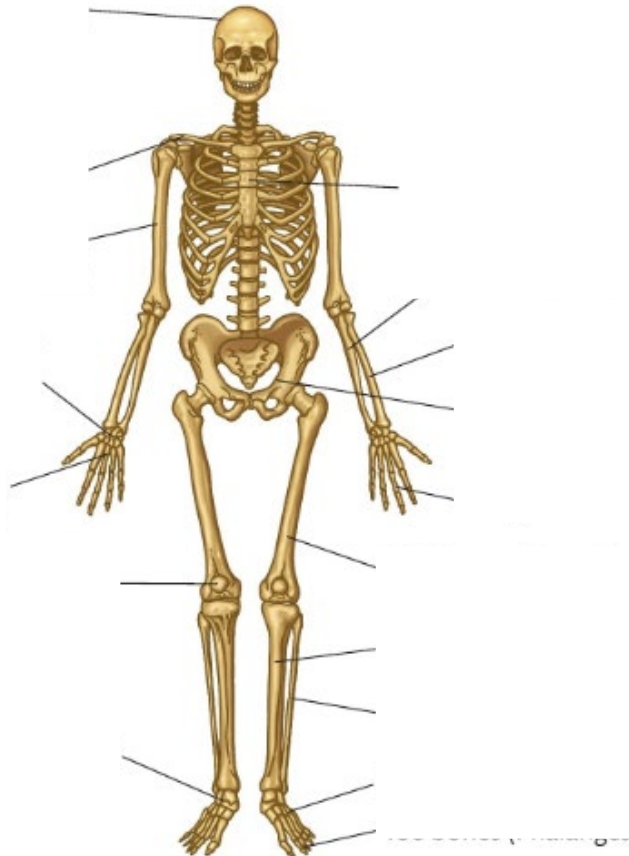
Respiratory System: \_\_\_\_\_

Cardiovascular System: \_\_\_\_\_

Energy Systems: \_\_\_\_\_

## Task 2 - Skeletal System

Use your own knowledge plus any additional research to write in the correct labels on the human skeleton diagram below.



### Task 3 - Location of Bones

The following key terms are used to describe the location of each bone. Write out the meaning of each key term in the table below.

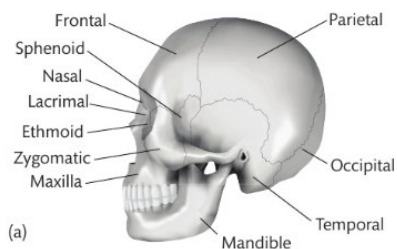
Term	Meaning
Anterior	
Posterior	
Medial	
Lateral	
Proximal	
Distal	
Superior	
Inferior	

### Task 4 - Areas of the Skeleton

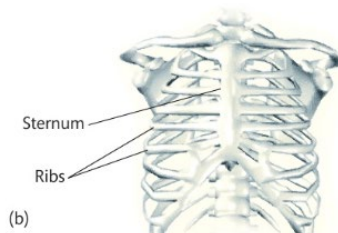
Complete the following tasks outlining the different areas of the skeleton.

**Axial Skeleton:** main core or axis of the skeleton and consists of which bones?

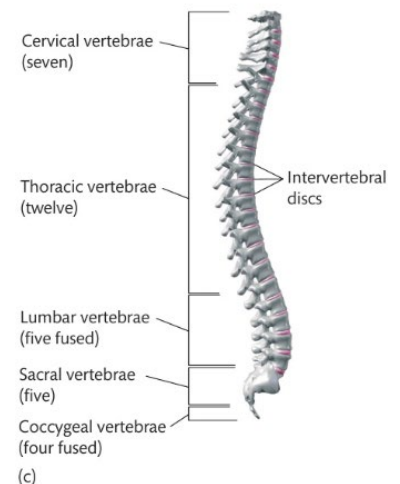
a)



b)



c)



**Appendicular Skeleton:** bones that attach to the axial skeleton are ...

- Upper limbs - total of \_\_\_\_ bones
- Lower limbs - total of \_\_\_\_ bones
- Shoulder girdle - total of 4 bones: 2 x \_\_\_\_\_ and 2 x \_\_\_\_\_
- Pelvic girdle - total of 3 bones ( \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ )  
that fuse together with age.

The main function of the pelvic girdle is to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Task 5 - Muscles

There are over 640 named muscles in the human body, making up approximately 40% of your body mass.

There are 3 main types of muscle tissue found in the human body.

**Describe** the key characteristics, location and function of each type of muscle tissue.

Skeletal Muscle: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Cardiac Muscle: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

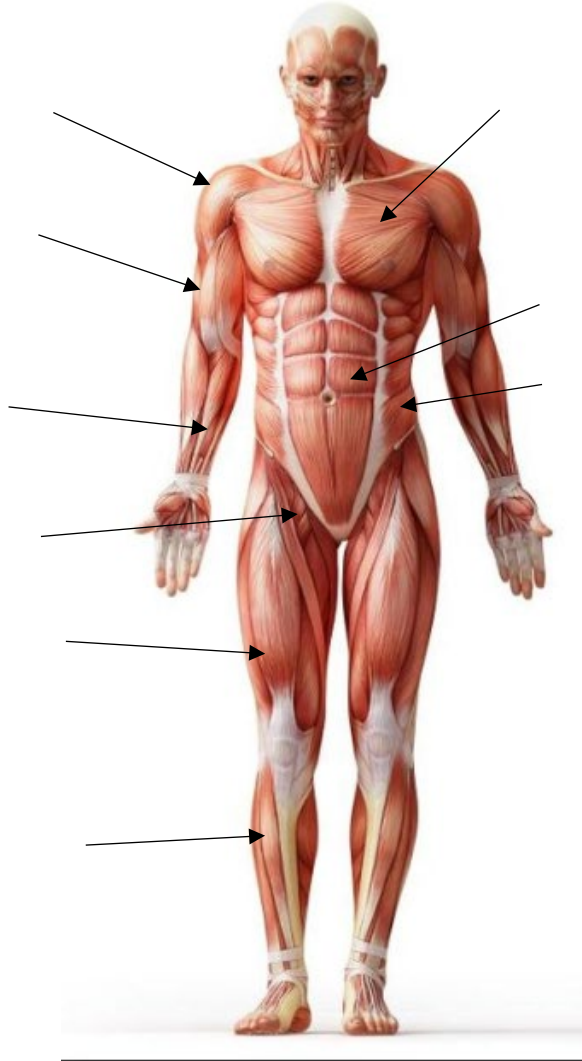
Smooth Muscle: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



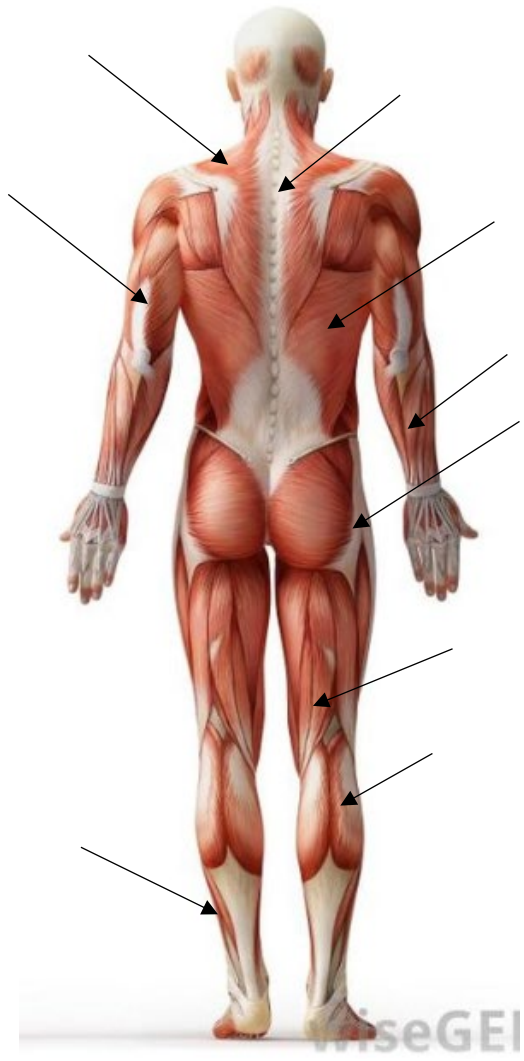
## Task 6 - Skeletal Muscles

Write the names of the labelled muscles on the diagram below.

### Anterior



### Posterior



## Task 7 - Skeletal Muscles Glossary

Find out a definition for the following key terms relating to skeletal muscles.  
Complete the table below.

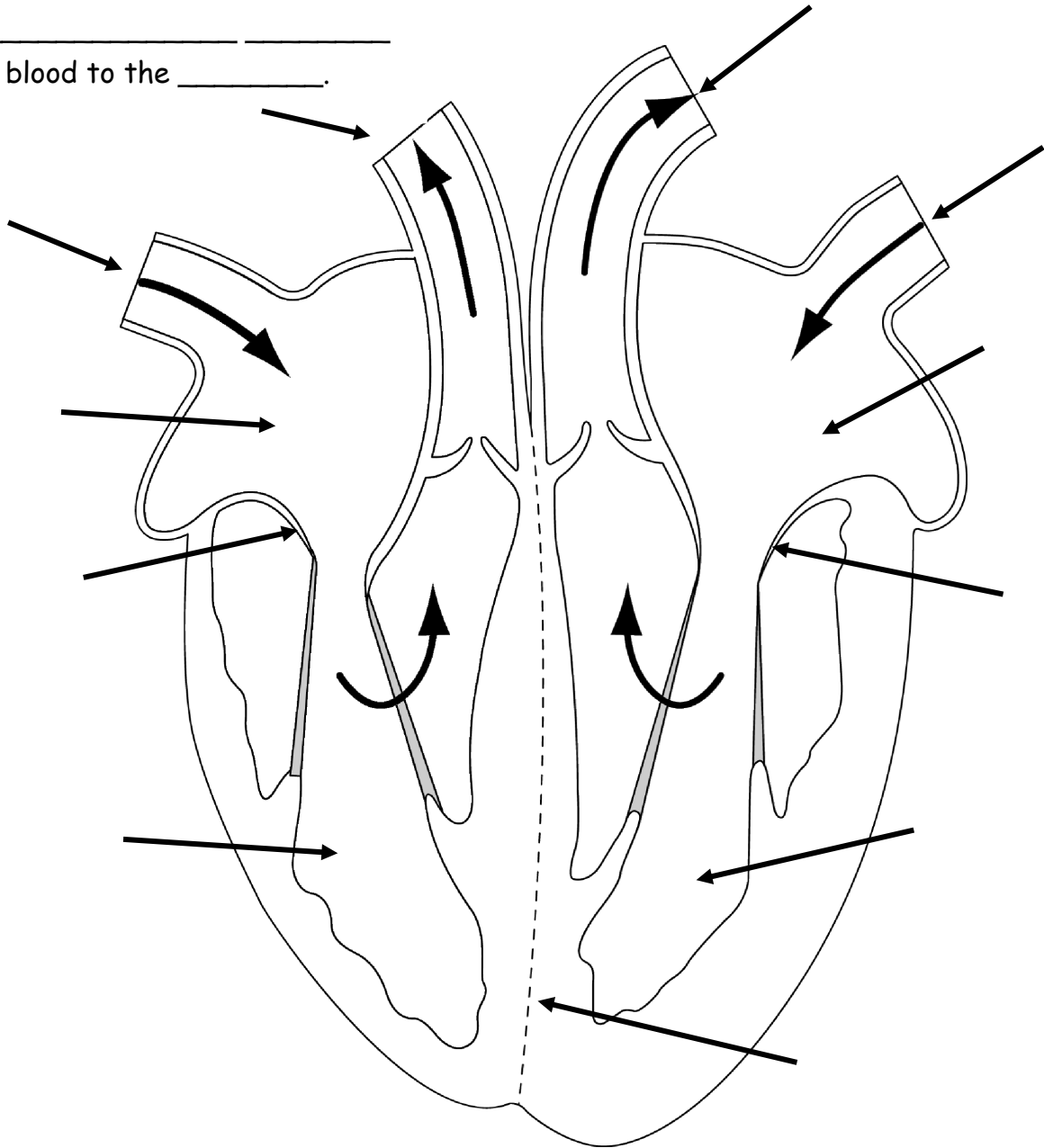
Key Term	Definition
Agonist	
Antagonist	
Synergist	
Isometric Contraction	
Concentric Contraction	
Eccentric Contraction	
Hypertrophy	
DOMS	
Tendon	
Mitochondria	
Cramp	
Glycogen	

# Task 8 - The Cardiovascular System - HEART

Label the heart diagram below.

The \_\_\_\_\_ takes blood to the \_\_\_\_\_.

The \_\_\_\_\_ takes blood to the \_\_\_\_\_.



Complete the missing words:

The heart is made out of \_\_\_\_\_ muscle. It is a double \_\_\_\_\_ that squeezes the blood around the \_\_\_\_\_ and to the \_\_\_\_\_. The \_\_\_\_\_ side pumps blood to the lungs to pick up \_\_\_\_\_. The \_\_\_\_\_ side pumps blood around the rest of the body.

**RIGHT, LEFT, CARDIAC, BODY, PUMP, LUNGS, OXYGEN**