

Year 10 BTEC Sport Knowledge Booklet

Component 1

Topic B

Preparing participants to take
part in sport and physical activity

Name:

Class:



Big Questions Component 1

1. What types of sports and physical activities are available for different types of participants to take part in?
2. What are the benefits for taking part in sport and physical activity?
3. What are the characteristics of different types of participant and how does this affect their physical, social and mental health needs?
4. What are the barriers to participation in sports and physical activity and how can these be removed?
5. Understand the different types of equipment used to take part in sport and physical activity?
6. Explain the role technology plays and its benefits/limitations to improve sport and physical activity participation?
7. How can participants prepare to take part in sport and physical activity?
8. How can we adapt and deliver a warm up for different categories of participants?

Assessment

The assessment for this unit is 5 hours of supervised internal assessment during lessons. This will be completed as 3 tasks which include:

- Written assignments
- Powerpoint presentation
- Practical video recording.

The assessment will be externally moderated.

The test has different types of questions including objective and short-answer questions. Where appropriate, questions contain graphics, photos, animations or videos.

Component 1 Assessment

Assessment for Component 1 will include:

Learning Outcome A – Written response to a scenario based assignment looking out how participants prepare to take part in physical activity and sport.

Learning Outcome B – Design a presentation examining equipment and technology required for participants to use when taking part in sport and physical activity.

Learning Outcome C – Provide video evidence and a planned warmup for an individual who is taking part in sport and physical activity.

Key Content

Topic A.1 Types and providers of sport and physical activities

Topic A.2 Types and needs of sport and physical activity participants

Topic A.3 Barriers to participation in sport and physical activity for different types of participant

Topic A.4 Methods to address barriers to participation

Topic B.1 Different types of sports clothing and equipment required for participation

Topic B.2 Different types of technology and their benefits to improve participation and performance

Topic B.3 Limitations of using technology in sport and physical activity

Topic C.1 Planning a warm-up

Topic C.2 Adapting a warm-up for different categories of participants

Topic C.3 Delivering a warm-up to prepare participants of physical activity

Key Content: Learning Outcome A

<p>B1 Different types of sports clothing and equipment required for participation in sport and physical activity.</p> <p>Learners will need to understand the different types of sports clothing and equipment and their uses for participation in different types of sports and physical activities.</p>	<ul style="list-style-type: none"> ● Clothing – sports kit, waterproof clothing, training clothing, e.g. bibs. ● Footwear – trainers, studded boots, sport specific footwear. ● Sport-specific equipment – participation equipment, e.g. balls, rackets; travel related equipment, e.g. kayak; scoring equipment, e.g. goalposts; fitness training equipment, e.g. dumbbells. ● Protection and safety equipment – mouth protection, head protection, eye protection, body protection, floatation devices; first aid equipment – ice packs, bandages, defibrillator. ● Equipment for people with disabilities or assistive technology – wheelchair, e.g. adapted wheelchair for wheelchair tennis. ● Facilities – indoor facilities, e.g. sports halls, gyms; outdoor facilities, e.g. outdoor pitches, climbing wall, artificial snow domes. ● Officiating equipment – whistle, microphone, earpiece. ● Performance analysis – smart watches, heart rate monitors, applications.
<p>B2 Different types of technology and their benefits to improve sport and physical activity participation and performance.</p> <p>Learners will explore a range of different types of technology and its use in sport and physical activity to improve performance and participant experience.</p>	<ul style="list-style-type: none"> ● Clothing to increase performance and experience – improved thermoregulation, clothing designed to improve aerodynamics. ● Footwear – sport-specific new designs or materials; improve grip; rebound. ● Sport-specific equipment – new materials for lightness and strength to include composite materials, e.g. a tennis racquet; new design of equipment to improve performance, e.g. golf driver design. ● Protection and safety equipment – improved protection design; lighter weight; improved performance, e.g. shape of cycle helmets to improve aerodynamics. ● Equipment for people with disabilities or assistive technology – prosthetics; sport-specific wheelchairs; equipment to support people with visual and hearing impairments. ● Facilities – facilities that simulate environments to replicate competition in other locations; all weather surfaces; surfaces to reduce the risk of injury.

	<ul style="list-style-type: none"> ● Officiating – computer assisted systems; video assisted decision making. ● Performance analysis – action cameras, GPS, applications, sensors on sports clothing or equipment.
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<p>B3 The limitations of using technology in sport and physical activity. Learners will need to develop an understanding of the limitations that technology can have for sport and physical activity participation.</p>	<ul style="list-style-type: none"> ● Time – setting up, using equipment, compiling data, giving feedback to participant. ● Access to technology – equality and unfair advantages as not all participants have access to technology. ● Cost of technology – initial cost and follow-up maintenance of equipment. ● Accuracy of data provided by equipment. ● Usability – specific training required.
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Resources/Wider Reading

Specification

<https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/sport/2022/specification-and-sample-assessments/60370683-BTEC-Tech-Award-Sport-2022-spec-PPD1-190721.pdf>

TheEverLearner

<https://www.theeverlearner.com/>

MrGillPE

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

BrianMac

<https://www.brianmac.co.uk/>

Homework

Homework will be set twice a week. These will be dependent upon the stage reached within individual work and assignments.

Tasks will include:

- Wider reading and research
- Production of assignment notes
- Extension work to improve possible grades