

## Sport - Subject Information/Preparation Work

<b>Subject:</b>	BTEC Sport Level 3
<b>Main modes of learning for this subject:</b>	<p>Reading</p> <p>Research</p> <p>Exam technique development</p> <p>Assignment writing</p> <p>Presentations</p> <p>TheEverLearner – Videos set each week, expectation to complete and make notes.</p> <p>Recall practice.</p>
<b>Things to know and complete before the commencement of the course.</b>	<p>Task 1 –</p> <p>Anatomy and Physiology</p> <ol style="list-style-type: none"> <li>1. Skeletal system – Be able to label a skeleton with the following:- Cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column (cervical, thoracic, lumbar, sacrum, coccyx), femur, patella, tibia, fibula, tarsals, metatarsals.</li> <li>2. Muscular system – Be able to label the following muscles:- Deltoids, biceps, triceps, wrist flexors, wrist extensors, supinators and pronators, pectorals, abdominals, obliques, quadriceps, hip flexors, tibialis anterior, erector spinae, trapezius, latissimus dorsi, gluteals, hamstrings, gastrocnemius, soleus.</li> <li>3. Respiratory system – Be able to label the structure of the respiratory system including: - Nasal cavity, epiglottis, pharynx, larynx, trachea, bronchus, bronchioles, lungs, alveoli, diaphragm, thoracic cavity</li> <li>4. Cardiovascular system – Be able to label the structure of the cardiovascular system including:- Left and right atria, left and right ventricles, bicuspid valve, tricuspid valve, semi-lunar valves, septum, major blood vessels (Aorta, vena cava, pulmonary artery, pulmonary vein)</li> </ol> <p>Task 2 – Professional development in the Sports industry</p> <p>Research two contrasting job roles in the sports industry that you are interested in.</p> <p>These could be from the list on the next page.</p> <p>You need to find out the following: -</p> <ol style="list-style-type: none"> <li>1. What does the job entail? What do they do? E.g. Look at job description, person specification.</li> <li>2. What qualifications do you need to enter that profession? GCSE/A-Level/Degree?</li> <li>3. Where can you study at university for this career? What are the entry requirements?</li> <li>4. How can you progress through the career? Promotions etc. E.g. Youth team physio, reserve team physio, first team physio, first team lead physio</li> <li>5. What is the professional body who oversees this career in the UK? E.g. CSP, BPS</li> </ol>

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Possible Jobs to research

Category	Possible job roles
Sport and leisure	Duty management e.g. leisure centres, holiday parks, coach management.
	Promotions, sales and marketing
	Theme park and cinema management
	Sports journalism, web-based media work
	Sports development, National Governing Body officers and administrators
	Outdoor instructor, sports coach
	Groundskeeper and lifeguard
Sports Science	Nutritionist
	Sports Psychologist
	Sports injury management
Exercise and therapies	Massage therapist
	Personal trainer, strength and conditioning coach
	Sports physiotherapist, sports therapist
Teaching and education	PE Teacher, Sport Lecturer
	Sports technician
Playwork	Play worker
	Early years development and children partnership officer
	School assistant who provides and facilitates sport
Gaming	Casino managers, dealers, cashiers, betting shop manager, bingo.
	Online gaming, gaming software.

**Useful websites:**

<https://www.pearsonschoolsandcolleges.co.uk/FEAndVocational/Sport/BTEC/BTECNationalsSport2016/Samples/Student-Book-1-/BTEC-National-in-Sport-Unit-1-Updated-Mar-15.pdf>  
<https://www.brianmac.co.uk/identbones.htm>  
<https://nationalcareersservice.direct.gov.uk/job-profiles/sport-leisure-and-tourism>  
<http://www.careers-in-sport.co.uk/>  
<https://www.sportengland.org/careers/>  
<http://www.uk sport.gov.uk/jobs-in-sport>  
<https://sportcareers.co.uk/index.php>  
<https://www.globalsportsjobs.com/>  
<https://www.leisurejobs.com/jobs/sports-jobs/>  
<http://www.jobs.ac.uk/jobs/sport-and-leisure>

**Work to be completed:-**

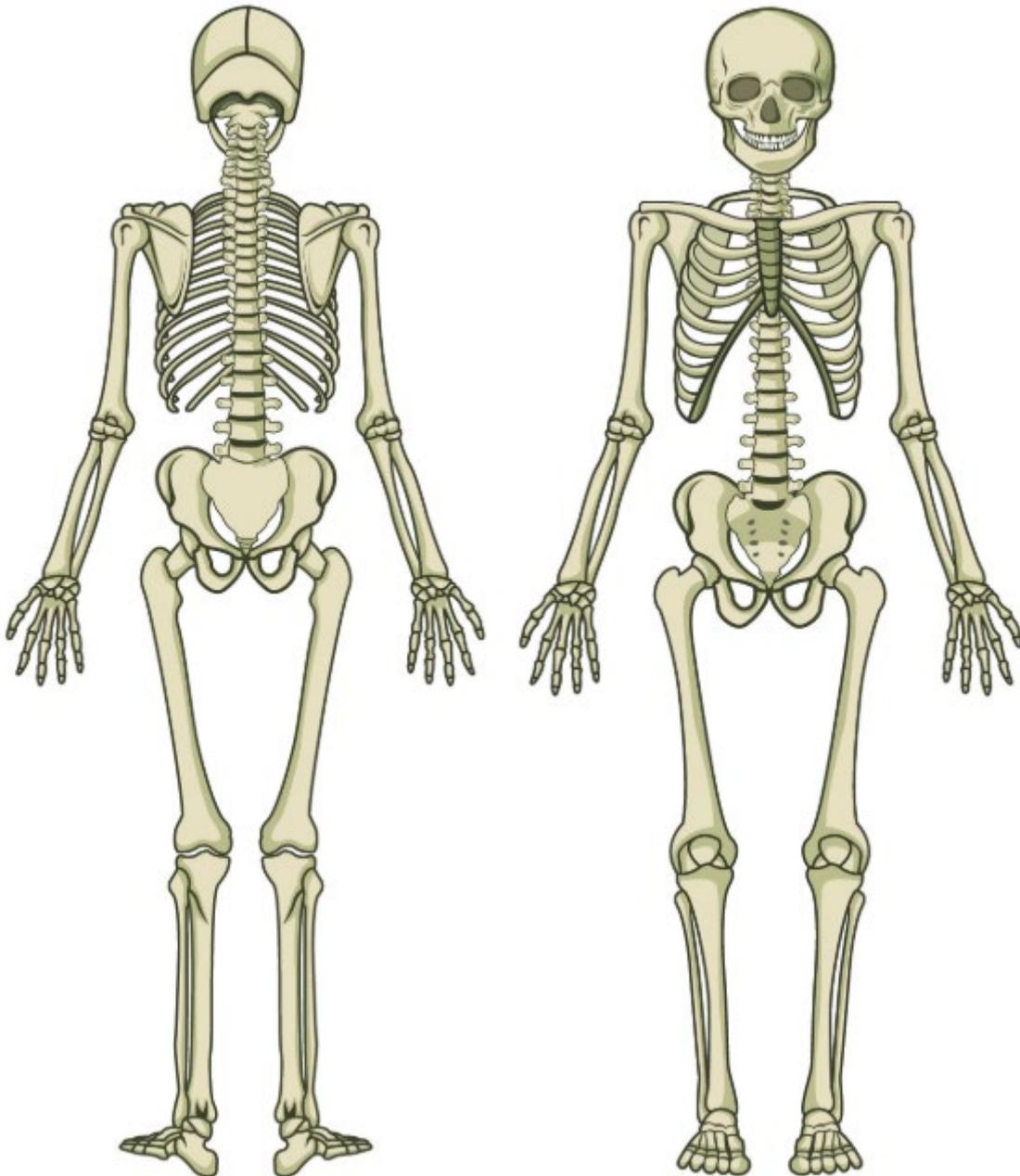
Anatomy and Physiology – Learn the 4 body systems. Professional development in the sports industry  
 – Research two job roles in the sports industry that you are interested in. Use the help sheet for guidance.

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### Task 1

#### Skeletal System

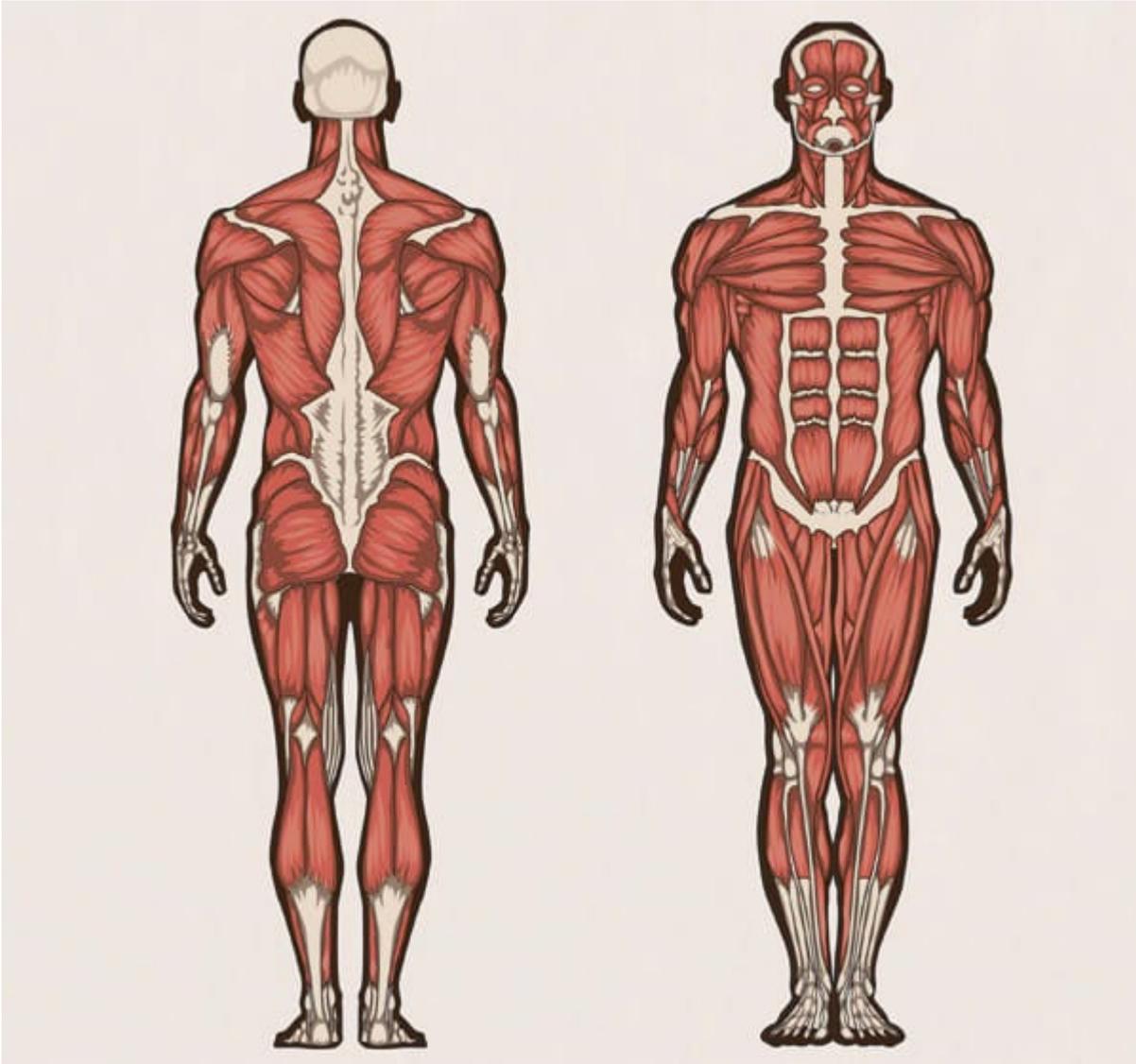
Label the following:- Cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column (cervical, thoracic, lumbar, sacrum, coccyx), femur, patella, tibia, fibula, tarsals, metatarsals



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### Muscular System

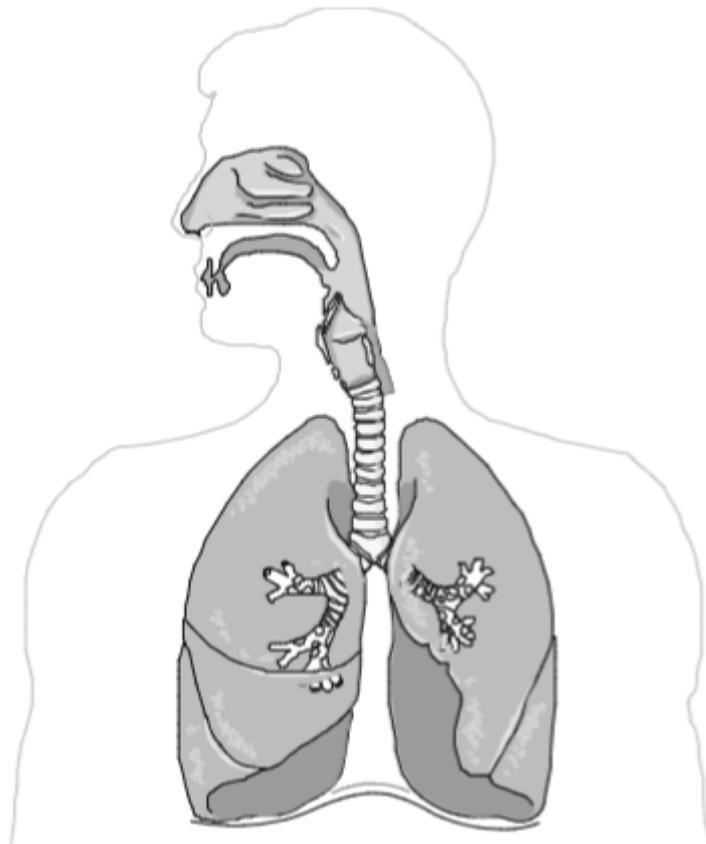
Label the following: Deltoids, biceps, triceps, wrist flexors, wrist extensors, supinators and pronators, pectorals, abdominals, obliques, quadriceps, hip flexors, tibialis anterior, erector spinae, trapezius, latissimus dorsi, gluteals, hamstrings, gastrocnemius, soleus.



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### Respiratory System

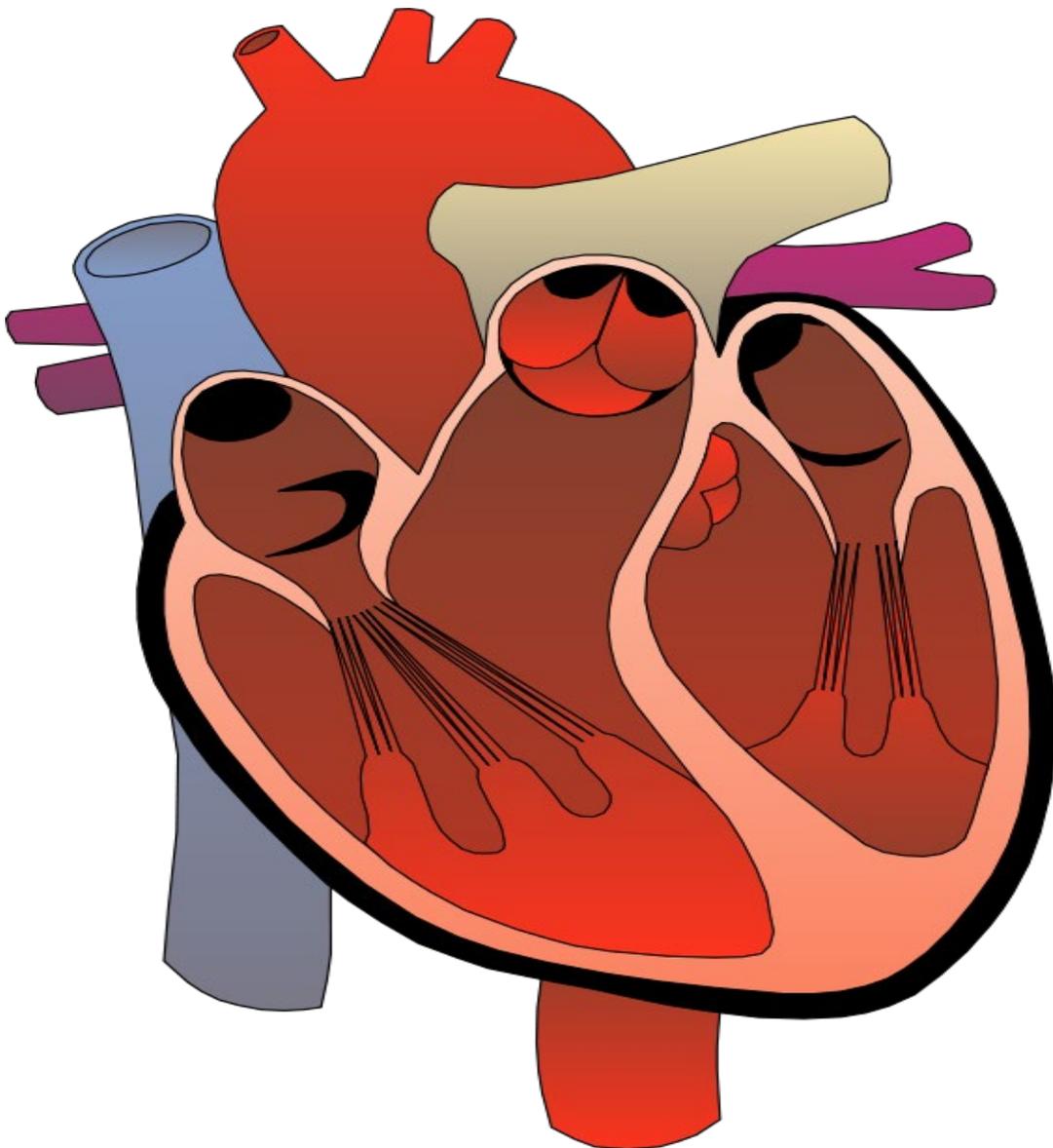
Label the following: - Nasal cavity, epiglottis, pharynx, larynx, trachea, bronchus, bronchioles, lungs, alveoli, diaphragm, thoracic cavity



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### Cardiovascular System

Label the following: - Left and right atria, left and right ventricles, bicuspid valve, tricuspid valve, semi-lunar valves, septum, major blood vessels (Aorta, vena cava, pulmonary artery, pulmonary vein)



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### Task 2

#### Professional development in the Sports industry

Research two contrasting job roles in the sports industry that you are interested in.

These could be from the list on page 2.

You need to find out the following: -

1. What does the job entail? What do they do? E.g. Look at job description, person specification.
2. What qualifications do you need to enter that profession? GCSE/A-Level/Degree?
3. Where can you study at university for this career? What are the entry requirements?
4. How can you progress through the career? Promotions etc. E.g. Youth team physio, reserve team physio, first team physio, first team lead physio
5. What is the professional body who oversees this career in the UK? E.g. CSP, BPS