

BTEC SPORT

TRANSITION 2020-21



The BTEC Sport course is split into 4 components, 2 in year 12 and 2 in year 13.

Yr12 Units

- Unit 1 - Anatomy & Physiology (Exam)
- Unit 7 – Practical Sports Performance (Assignments)

Yr13 Units

- Unit 2 – Fitness Training and Programming for Health, Sport and Well-being (Exam)
- Unit 3 – Professional Development in the Sports Industry (Assignments)

The tasks in this booklet will give you a flavour of some of the topic areas we will study and to see if Sport is the subject for you. Completing this work will support you in your learning for year 12 and introduce you to some new and key terminology. If you need further support with tasks in this booklet, please get in touch.

Mrs Oldroyd

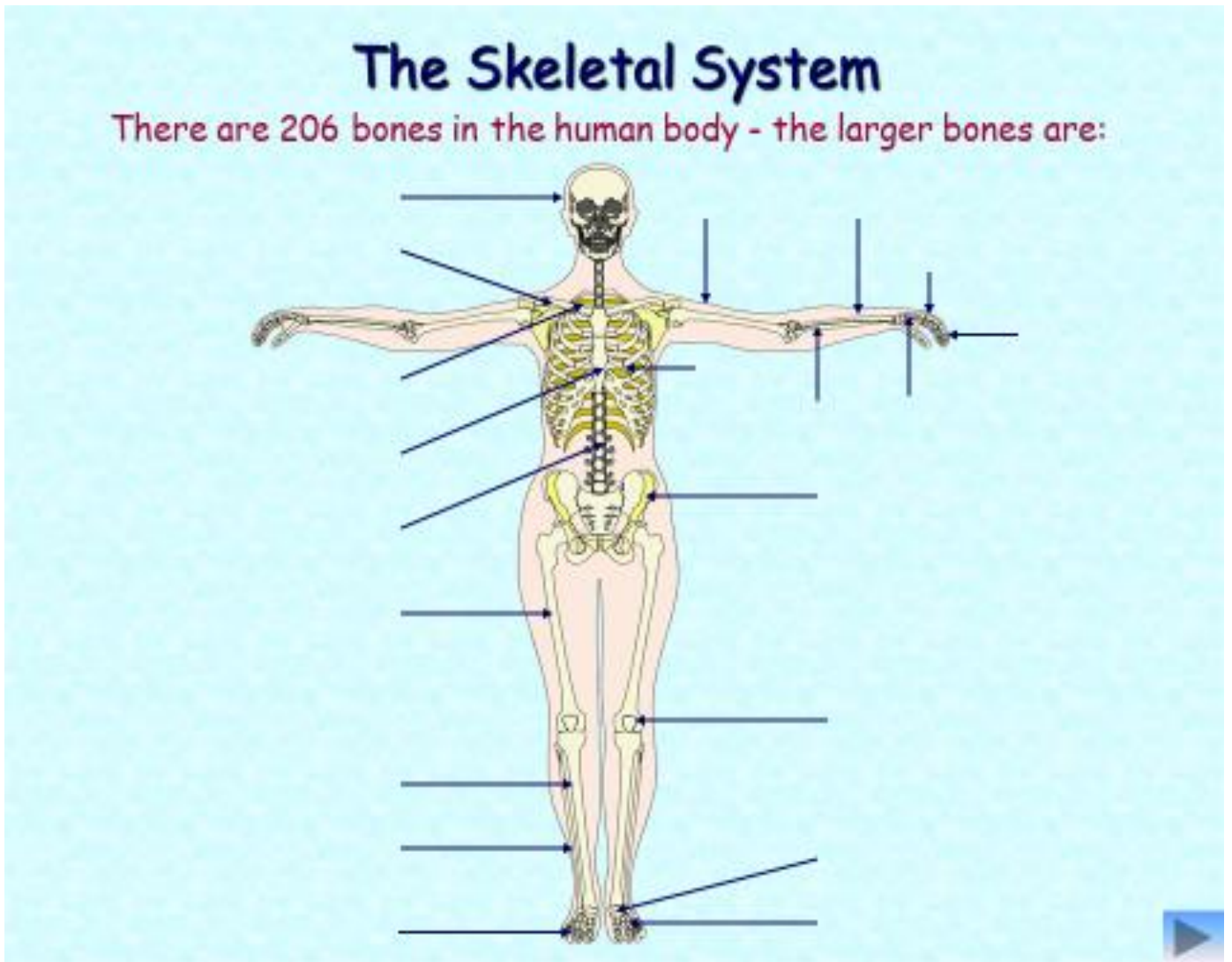
Loldroyd@holyfamilyschool.uk

Anatomy and Physiology

The key terms below are ones that we will use frequently. Research the term to define and describe the information you have found out, supporting with an eg.

Key Term	Define and describe	Example
Joint		
Bone		
Muscle		
Tendon		
Ligament		
Articulating Bones		
Antagonistic Pair		
Respiratory System		
Cardiac		
Energy Systems		

Label the skeleton

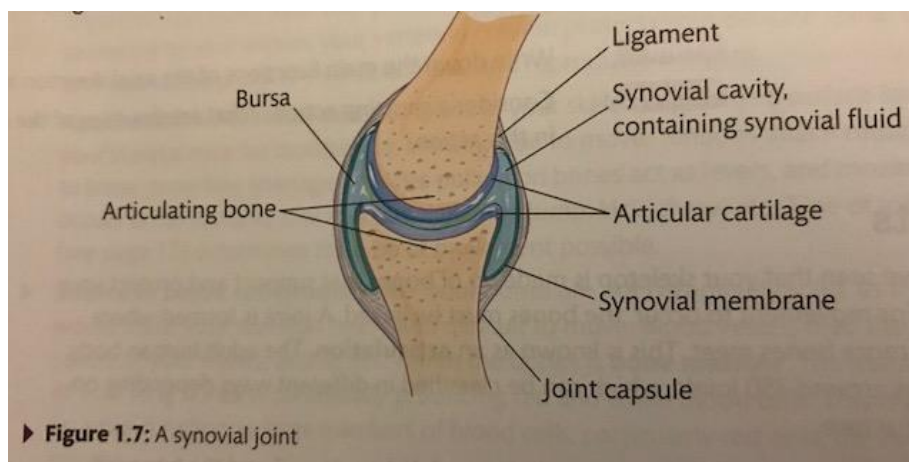


What bones meet to form the following joints?

Joint	Articulating Bones
Hip	
Knee	
Ankle	
Shoulder	
Elbow	
Neck	

What does ossification mean?

Below shows the structure of a joint. Explain the role of each of the structural features of a joint.



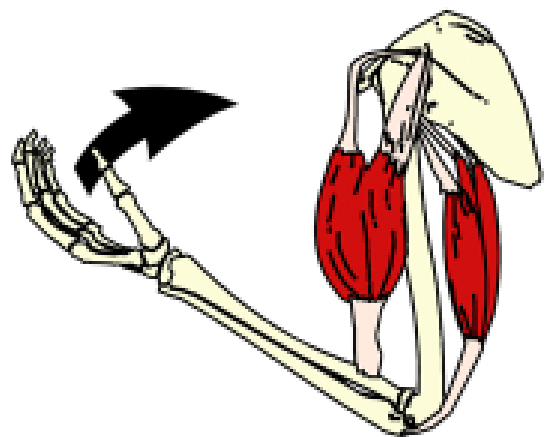
Below shows the elbow joint.

All muscles have an origin and insertion

- TIP – origin – superior attachment (closer to head)
- Insertion – inferior attachment (closer to foot)

e.g. Bicep curl

- What are the joints?
- What are the bones?
- What are the muscles?
- Origin and insertion?



What is the difference between an isotonic and an isometric contraction? Support your answer with examples.

Isotonic	Isometric

Muscle Fibre Types

Watch the YouTube clips to answer the following questions;

1. Easy illustration of muscle fibres

<https://www.youtube.com/watch?v=9CAOfYWKsik&sns=em>

2. Mr i explains: The Difference between Slow Twitch and Fast Twitch Muscle Fibres

<https://www.youtube.com/watch?v=u5ukYegf7tI&app=desktop>



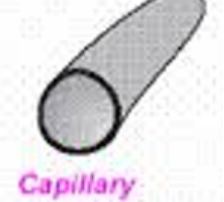

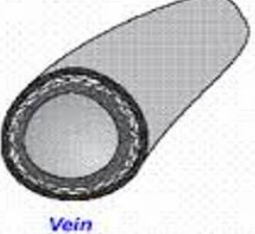
1. What is the difference between fast and slow twitch muscle fibres?

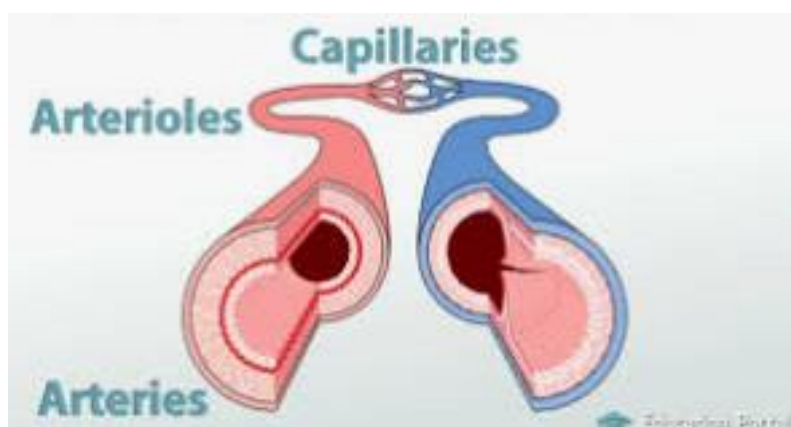
2. How do slow twitch fibres produce energy for a performer?

3. What is myoglobin and how does it help with muscle fibres?

Blood Vessels

Identify the characteristics of each of the blood vessels that support the cardiovascular and respiratory system.

Artery	Arteriole	Capillaries	Venuoles	Veins
 <p>Artery</p>		 <p>Capillary</p>		 <p>Vein</p>



Unit 7: Practical Sport

You will need to know and understand the rules, regulations and laws in both an individual sport (we will cover Badminton) and also a team sport (usually football/netball are chosen). When answering these questions, always support your work with an example where possible.

What is a rule?

What is a regulation?

What is a law?

Why do sports have rules, regulations and laws?

What are the rules for Badminton?

What are the rules for Football/Netball?

