



BTEC Sport

We are asking all students to complete some Independent Preparatory Work over the summer, before they join Year 12 in September. You will need to bring this work to lessons as the content will be assessed through introductory assessments which will be completed within the few first weeks of the new term.

Tasks

In order to prepare for this aspect of the course you will need to:

To start this course in September you will need somewhere to file your work. We suggest 1 large folder for unit 1. Coursework will be saved on the computer.

You will need to bring your own lined paper, and be prepared to file it into your folder.

- 1) Research the skeleton and identify where you would find the following bones:
1) pelvis 2) ribs 3) cranium, 4) femur, 5) radius 6) ulna 7) tibia 8) fibular 9) humerus 10) metacarpals
11) meta-tarsals 12) Carpals 13) Tarsals 14) clavicle 15) Scapula
- 2) Explain where on the skeleton would these functions happen, and why does we need these functions when playing sports.
1) Shape / Support 2) Protection 3) Movement 4) Attachment for skeletal muscles 5) Blood Cell Production 6) Store of Minerals
- 3) Muscular System Research on the body where you would find the following muscles:
1) Biceps, 2) triceps, 3) deltoids, 4) pectorals 5) abdominals 6) gastrocnemius 7) soleus 8) hamstrings
9) quadriceps 10) Latissimus Dorsi 11) Trapezius 12) Obliques 13) Gluteus Maximus
- 4) Define the words: Origin, Insertion, Fixator. Look for examples in the body
- 5) Research and define the following types of contractions. Isometric Concentric Eccentric.
Think of examples in sport where these types might be used.
- 6) Cardiovascular System – look for a diagram of the heart and identify the following key words:
1) Left Atrium 2) right Atrium 3) left Ventricle 4) Right ventricle 5) tricuspid valve 6) bicuspid valve 7) semi-luna valves 8) vena cava 9) Aorta
- 7) Research and describe the route of the blood around the body.
- 8) Research and define the key words: Heart rate 2) stroke volume 3) cardiac output

Extra reading

BBC Bitesize website.

Pearson Edexcel website - the exam board.