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| Sixth Form Transition Pack – BTEC SPORT LEVEL 3  |

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# course INTRODUCTION

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## Essential summer reading

## **BTEC National Sport, Student Book 1 (Pearson, 2016)**

## **BTEC Sport Level 3, Revision Guides (Pearson, 2017)**

## **Exercise Physiology and Functional Anatomy (Feltham Press, 1995)**

## **Mechanics and Sport Performance (Feltham Press, 1998)**

## **Sports rule books and coaching guides**

## **Sports Biographies / Autobiographies**



## Task to be completed

## Skeletal system <https://www.youtube.com/watch?v=rDGqkMHPDqE>

## Muscular system <https://www.youtube.com/watch?v=Ktv-CaOt6UQ>

## Respiratory System <https://www.youtube.com/watch?v=bHZsvBdUC2I>

## Cardiovascular System <https://www.youtube.com/watch?v=_lgd03h3te8>

## Energy System <https://www.youtube.com/watch?v=00jbG_cfGuQ>

**Additional tasks to complete**

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| Research the rules, regulations, skills, techniques and tactics in one individual sport and one team sport. Include the following for each: * 7 x rules/Laws
* 5 x regulations (competition rules e.g. Euro 2020 rules)
* 3 x skills, techniques and tactics

Use a range of video scenarios to help you judge the application of rules and how they impact each sport. You can include the following information: * Rules/laws as regulated by the national or international governing body for the two selected sports
* Competition rules/laws and regulations
* Unwritten rules and/or etiquette specific to sport
* Regulations for sports under competition rules
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