

BTEC Sport



Scan for Specification

Our two-year BTEC Sport; you will be covering content such as Anatomy and Physiology, Sports careers and leadership, Fitness training and programming and fitness testing. You will be developing critical thinking skills of how science relates to sporting performance and developing your sports leadership.

BEFORE YOU START

- Key textbooks to purchase: Pearson BTEC National Sport and revise BTEC National Sport Unit 1 and 2.

Our respiratory system involves inspiration and expiration. These can be measured by a spirometer and traced on a graph.

Research the following key terms:

- Tidal volume
- Expiratory and Inspiratory reserve volume
- Residual volume
- Vital capacity

Draw your spirometer trace and show those terms, adding labels next to each representation on the graph.

Key terms	
Oxygen	low concentration
Carbon dioxide	Red blood cell
	high concentration
Diffusion pathway	
Myoglobin	Haemoglobin
Muscle cell	

The Musculo-skeletal system is split into the muscles and skeleton. You are going to focus on the skeletal system.

You need to design a PowerPoint including the information below. This will include:

- Labelled picture of the bones of the skeleton as well as which make the axial and appendicular. Also label the muscles of the body
- Identify the functions of the skeleton.
- Classification of joints and types of synovial joints.
- Labelled structure of synovial joint and the function of each property.
- Research the joint movement definitions – Flexion, extension, lateral flexion, abduction, adduction, horizontal abduction and adduction, medial and lateral flexion, circumduction, pronation, supination, dorsiflexion and plantarflexion.

Research and list 10 sport related careers.

Choose three from the list and outline the role and expectations in more detail

Review those three to show why you would be interested or suitable for that career.

LITERACY TASK

CAREERS TASK

KNOW THIS TASK

DO THIS TASK