

BTEC Level 3 Sport

Unit 1 – Anatomy and Physiology (Year 12)

Skeleton

- A) There are 3 types of classifications of joints. What are they, give examples, how do they impact on physical activity (if they do)?
1. Fixed
 2. Slightly moveable
 3. Synovial
- B) There are 6 types of synovial joints.
1. What are they (called)?
 2. Where are they (found)?
 3. How do they differ in structure (labelled diagrams)?
 4. There 14 types of movement possible at the joints of the body. What movement do they allow (giving specific sporting examples)? Each joint that you have identified must show each type of movement that they allow, some might offer 10 different types of movement, and some joints might only offer 2.
- C) Students should turn the above areas into a project. Take photos of themselves performing the move from the 'anatomical position'. Students do not need to be sporting photos but clearly labelled photos labelling the movement being demonstrated.
- D) There are certain negative factors that affect the skeleton. For the factors listed below explain how they might affect a person exercising and if they can be improved?
1. Arthritis
 2. Osteoporosis
 3. Age

Muscular

- E) There are 3 types of muscle around the body
1. Skeletal muscle
 2. Cardiac muscle
 3. Smooth muscle
- Can you characterise each different type of muscle, where are they found, how they differ, how they might be alike and any functions they might have
- F) Identify the major skeletal muscles of the body, there are 21 of them. You need to create a pack showing the following information:
1. Name of muscle
 2. Function of the muscle or muscle group
 3. Location
 4. Origin of the muscle
 5. Insertion of the origin
 6. Exercise or activity that they allow.

Unit 6 – Psychology (Year 12)

Students should take a look at personality factors in sport and different personality assessments you can use. Specifically looking at the following areas:

- A) What is personality?
- B) What are personality traits?
- C) What is the Social Learning Theory?
- D) Research and understand the Type A & B personalities.
- E) Research the different personality assessments (Eysenck etc.)
- F) Research the big five personality traits.
- G) Research elite sports performers who have specific personality traits and the impact it has on their performance and sport. Give examples.

Unit 3 – Professional Development in the Sports Industry (Year 13)

Research two different careers within the sports industry. Identify the qualifications you need to enter the career path. You may find that there are two or more pathways you can enter a role so make sure you research thoroughly.

Once identified create a comparison table and complete:

	Career 1	Career 2
Role title		
Qualifications required		
Pathways into the role		
Pay scales and benefits		
Opportunities to develop within the role(s)		