

BTEC Level 3 National Extended Certificate in Sport

Bridging the Gap work 2019

This work needs completing over summer and handing to your teacher in September on your first lesson.

The work will be marked and handed back to you with some feedback. The completion and outcome of this task will inform your Tracker 1.

If you have no Sport course background or are unsure about any of the content you will have to carry out some research to complete your answers. Please have a go at all questions and try not to leave it blank.



Miss Diskin/Mrs Fell

If you have any issues please email:

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Unit	Assessment
<p>1: Anatomy and Physiology</p> <p>Learners explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.</p> <p>Assessment outcomes AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system Command words: describe, give, identify, name, state. Marks: ranges from 1 to 4 marks AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting</p>	<ul style="list-style-type: none"> • Written examination set and marked by Pearson. • 1.5 hours • 80 marks • Exam will be in May/June 2020. <p>The paper will contain a number of short- and long-answer questions that will assess learners' understanding of the following topics: the skeletal system, the muscular system, the respiratory system, the cardiovascular system and the energy system for sports performance. Learners will use this knowledge and understanding to determine the interrelationships between body systems for sports performance.</p>

performance. **Command words: describe, explain, give, name, state.**
Marks: ranges from 1 to 4 marks
AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system
Command words: analyse, assess
Marks: 6 marks
AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements
Command words: assess, evaluate
Marks: 6 marks
AO5 Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems
Command words: analyse, assess, discuss, evaluate, to what extent
Marks: 8 marks

Answer the following questions. Take care to look at the information in bold. Command words, key content and available marks.

Section A: The Skeletal System for Sports Performance

1) **State the function** of the following **three types of bone** (3 marks):

Long

Short

Flat

Section B: The Muscular System for Sports Performance

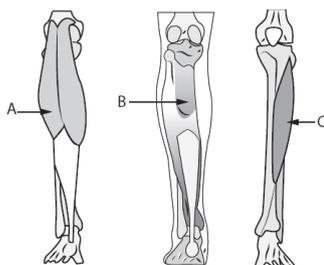


Figure 3

2) **Name the muscles labelled A-C** (3 marks)

Section C: The Respiratory System for Sports Performance

- 3) **Describe the mechanisms of breathing for inspiration during the swimming section of Evan's race compared with at rest (4 marks).**

Section D: The Cardiovascular System for Sports Performance

- 4) A capillary is a blood vessel that enables gaseous exchange to occur. **Describe** how the **capillary aids** the **process of gaseous exchange** (3 marks)

Section E: Energy Systems for Sports Performance

- 5) **Explain** how Alyssa's body **uses oxygen** to **recover after intense exercise** (4 marks)

Section F: Interrelationships between body systems for sports performance.

Freya is a national badminton player and regularly competes in high level competitive events. Her weekly training schedule involves high intensity interval training and intense long distance running.

- 6) Analyse how the **physiological adaptations** to the **muscular** and **energy systems**, as a result of these intense **training methods**, can **improve Freya's badminton performance** (8 marks)

Total: Out of 25 marks for Unit 1

Unit	Assessment
<p>2: Fitness Training and Programming for Health, Sport and Well-being</p> <p>Learners explore the ways of screening clients and the assessing their lifestyle and nutritional habits. The ability to screen clients and design fitness training programmes is essential for anyone working in the health and fitness industry, and for sports coaches looking to improve individuals' or teams' performance.</p> <p>Assessment outcomes</p> <p>AO1 Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being.</p> <p>AO2 Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals</p> <p>AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests</p> <p>AO4 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved</p> <p>AO5 Be able to develop a fitness training programme with appropriate justification</p> <p>Command Words used throughout this unit:</p> <p>Justification Give reasons or evidence to:</p> <ul style="list-style-type: none"> • Support an opinion or decision • Prove something right or reasonable <p>Qualitative evidence Descriptive information from interviews or questionnaires</p> <p>Quantitative evidence Numerical or statistical information</p>	<ul style="list-style-type: none"> • Externally assessed • Written examination set and marked by Pearson • 2.5 hours • 60 marks • Exam will be in May/June 2020. <p>The examination will contain two parts:</p> <p>PART A: is supplied a set period of time before your examination so that you can carry out independent research about a scenario based on an individual who requires guidance on training, lifestyle and nutrition.</p> <p>PART B: is a written examination under controlled conditions in which you can use your research notes to complete a task that builds on Part A.</p>

<p>Interpretation Drawing the meaning, purpose or qualities of something from source material</p> <p>Relevance Importance to the matter at hand</p>	
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Answer the following questions. Use the Command words guidance and available marks to construct your answers.

- 1.) **Research** a variety of different **training methods** and **Explain 4** training methods of your choice. Ensure you include what components of fitness they develop as well as using sporting examples to support your answer **(4 marks)**

- 2.) Using the scenario and screening information provided (attached as a separate document) **Propose** and **Justify** different training methods that meet John Smiths training needs **(8 marks)**

Total: Out of 12 marks for Unit 2

Grade Boundaries *for this piece of work* Total marks available /37

Near Pass	Pass	Merit	Distinction
8	12	18	30