

Getting Ready For <i>Sport</i>		
Your Name		
BTEC (NQF) Sport	Anatomy and Physiology (Unit 1) Fitness Training (Unit 2) Professional Development (Unit 3) Practical Sport (Unit 7)	Summer 2020

**We are delighted you have chosen to study Sport at Worthing College.**

**Instructions:** This pack will help you make the best possible start to studying this subject.

The tasks in this pack:

- should take you **about 4-6 hours to complete.**
- should be handed into your teacher when teaching starts **from 14<sup>th</sup> September 2020** with your name on it for assessment.
- are also available on the internet – follow the links in the document.

**If you need help:** The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at [gettingreadyfor@worthing.ac.uk](mailto:gettingreadyfor@worthing.ac.uk), telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays. Dave Hall (Deputy Head of Learning for Sport, Sport Science & PE) is also available to answer any questions or queries (d.hall@worthing.ac.uk)

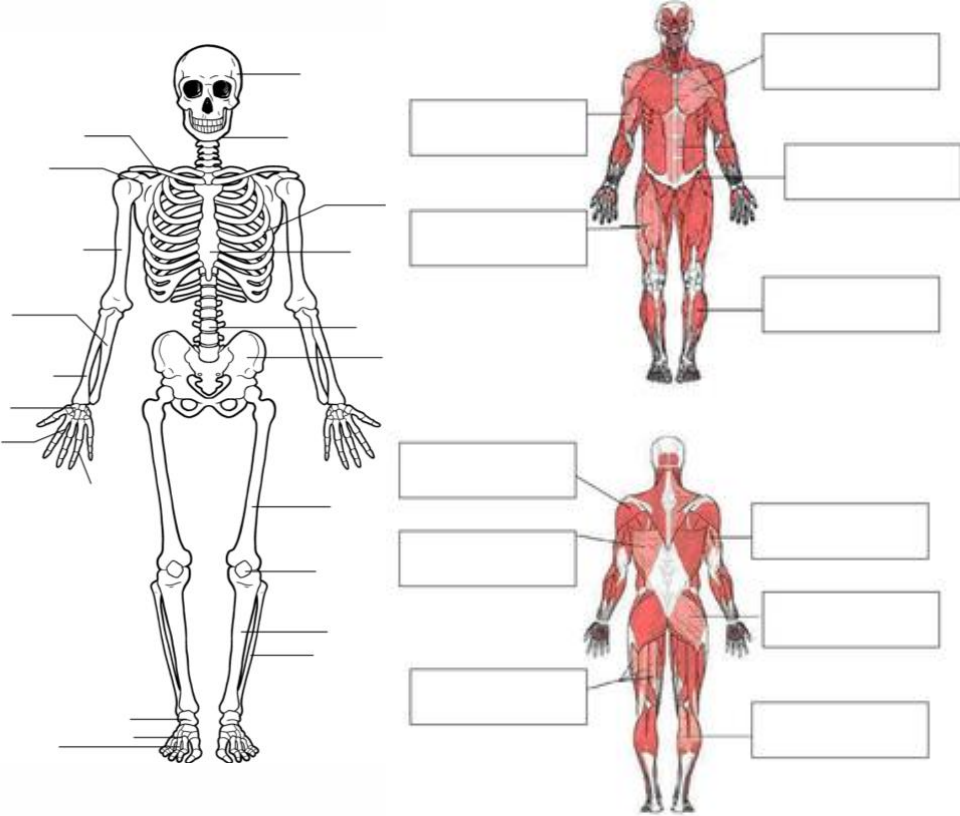

Skills Focus for this Getting Ready for Pack	
Effective note taking Basic knowledge building for Sport units Application of sporting examples	Summarising of information to identify key points Research skills to find and support answers Concise writing to provide answers in an effective and efficient manner




**What is in this pack?** This pack consists of a page of tasks for a selection of the units that you will be starting in September. The tasks will provide you with some of the basic knowledge required in those units. Within Unit 3 & Unit 7 the tasks will support you in completing your first assessment in these units in September. There are four units covered within this pack, these units are:

- Unit 1 – Anatomy & Physiology (examined unit)
- Unit 2 – Fitness Training & Programming for Health, Sport & Well Being (examined unit)
- Unit 3 – Professional Development in the Sports Industry (internally assessed unit)
- Unit 7 – Practical Sports Performance (internally assessed unit)

**If you need help the Worthing College ‘Skills for Successful Study Programmes’ can help you.**

<https://www.worthing.ac.uk/study-skills>

Unit	Task and subject specific skill reference	Deadline																									
1 – Anatomy and Physiology	<p><b>Task 1: Label the bones and muscles below:</b></p> <div></div> <p><b>Task 2: Make notes on the function of the skeletal system using this video:</b></p> 	from 14 <sup>th</sup> September 2020																									
	<p><b>Task 1: Complete the fitness components definitions below:</b></p> <table><thead><tr><th>Fitness Component</th><th>Definition</th></tr></thead><tbody><tr><td>Aerobic Endurance</td><td></td></tr><tr><td>Strength</td><td></td></tr><tr><td>Muscular Endurance</td><td></td></tr><tr><td>Flexibility</td><td></td></tr><tr><td>Speed</td><td></td></tr><tr><td>Body Composition</td><td></td></tr></tbody></table> <p><b>Task 2: Pick one fitness component and plan a gym session to develop it:</b></p> <table><thead><tr><th>Block 1 (warm up)</th><th>Block 2 (main exercises)</th><th>Block 3 (cool down)</th></tr></thead><tbody><tr><td><b>Exercise(s):</b></td><td>Exercise(s):</td><td>Exercise(s):</td></tr><tr><td><b>Duration:</b></td><td>Duration:</td><td>Duration:</td></tr><tr><td><b>Intensity/Sets/Reps:</b></td><td>Intensity/Sets/Reps:</td><td>Intensity/Sets/Reps:</td></tr></tbody></table>	Fitness Component	Definition	Aerobic Endurance		Strength		Muscular Endurance		Flexibility		Speed		Body Composition		Block 1 (warm up)	Block 2 (main exercises)	Block 3 (cool down)	<b>Exercise(s):</b>	Exercise(s):	Exercise(s):	<b>Duration:</b>	Duration:	Duration:	<b>Intensity/Sets/Reps:</b>	Intensity/Sets/Reps:	Intensity/Sets/Reps:
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2 – Fitness Training & Programming for Health, Sport and Wellbeing																											

	<p>Struggling for ideas? Please use the videos below from our strength and conditioning partners at the Sussex Performance Centre.</p> 																																									
	<p><b>Task 3: Now do the session yourself. Tell us what went well and what went even better.</b></p>																																									
7 – Practical Sports Performance	<p><b>Task 1: Watch a game of your choice. Pick a player and complete a notational analysis of them using the table below:</b></p> <table><tr><td colspan="2">Sport:</td><td colspan="3">Game:</td></tr><tr><td colspan="2">Player:</td><td>Date:</td><td colspan="2"></td></tr><tr><td>Technique /Skill</td><td>Describe what does a successful attempt look like</td><td>Successful attempts</td><td>Unsuccessful attempts</td><td>% Successful</td></tr><tr><td>1</td><td></td><td></td><td></td><td></td></tr><tr><td>2</td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td></td><td></td><td></td><td></td></tr><tr><td>5</td><td></td><td></td><td></td><td></td></tr></table> <p><b>Task 2: Now complete a pitch/court heat map of each touch the player makes:</b></p>  <p><b>Task 3: Video yourself perform in either a tea or individual sport and analyse like Tasks 1 and 2. (If this isn't possible, please select another video of a different performer from your chosen sport)</b></p> <p><b>Task 4: From the data gathered in tasks 1, 2 &amp; 3, write about the strengths and weaknesses of your chosen player and your own performance. Please back your points by using the data you produced.</b></p>	Sport:		Game:			Player:		Date:			Technique /Skill	Describe what does a successful attempt look like	Successful attempts	Unsuccessful attempts	% Successful	1					2					3					4					5					from 14 <sup>th</sup> September 2020
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3 – Professional Development in the Sports Industry	<p><b>Task 1: Research the skills required for THREE jobs using the career profiles link below:</b></p> 	from 14 <sup>th</sup> September 2020																																								

**Task 2: Complete a skills audit on your own levels of performance with examples:**

Skills required to be employable	Score out of 10	Example to back your score
Written communication		
Verbal communication		
Problem solving		
Teamwork		
Organisation		
Commitment		
Reliability		
Resilience		
Use of IT		
Literacy and numeracy		
Leadership		

**Task 3: Using a template of your choice, complete a CV as if you were applying for a Sports Career job. Use the following video to give you tips on how to do it. Please attach it to all your answers from this pack.**

