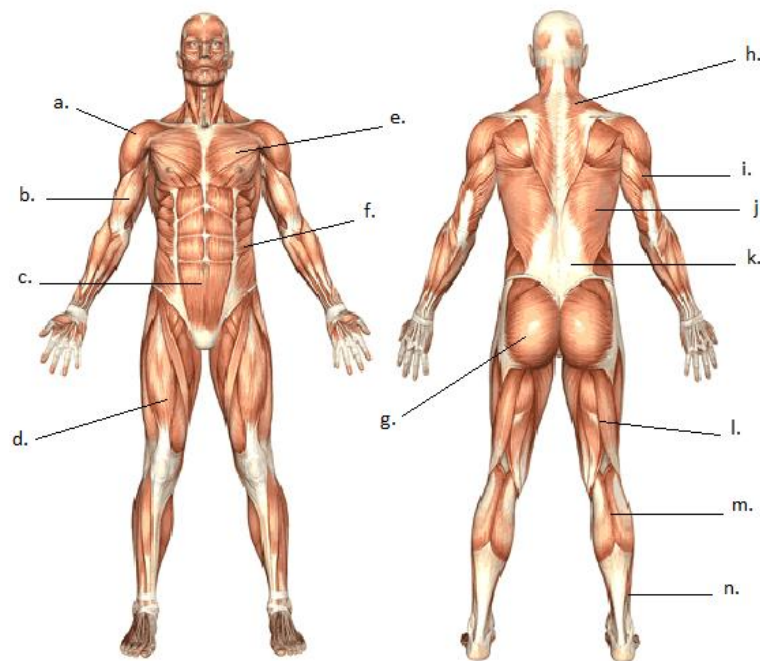


# BTEC Sport L3 Transition Booklet



This pack contains a programme of activities and resources to prepare you to start L3 BTEC Sport in September.

It is aimed to be used after you complete your Yr 12 induction throughout the remainder of the Summer term and over the Summer Holidays to ensure you are ready to start your course in September.

The resources include:

1. Links with activities and websites that will assist your knowledge and understanding.
2. Key words and terms that underpin Unit 1 which will be delivered from September.
3. An assessment task that will test your key knowledge of these topic areas.

## Websites

### **Anatomy and Physiology Presentation**

[https://prezi.com/j7frfgm\\_juci/btec-level-3-sport-anatomy-and-physiology/](https://prezi.com/j7frfgm_juci/btec-level-3-sport-anatomy-and-physiology/)

Anatomy and Physiology playlist – Youtube videos from a BTEC examiner

[https://www.youtube.com/playlist?list=PLcdQDUUQX\\_4vcifsRu-iOyqZsxtlOsWxy](https://www.youtube.com/playlist?list=PLcdQDUUQX_4vcifsRu-iOyqZsxtlOsWxy)

Bones and Joints Video

<https://www.youtube.com/watch?v=hoDZY46ab0g>

Types of Muscle video

<https://www.youtube.com/watch?v=Bd1eZYrb5o4>

Muscle fibre types video

<https://youtu.be/Qjib4yyC0vU>

**Key Terms and content that you will need to know and be able to apply.**

**Structure of skeletal system:** axial skeleton; appendicular skeleton; types of bone (long bones, short bones, flat bones, irregular bones, sesamoid bones); location of major bones (cranium, clavicle, ribs, sternum, humerus, radius, ulna, scapula, ilium, pubis, ischium, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals, metatarsals, vertebral column – cervical, thoracic, and lumbar vertebrae, sacrum, coccyx)

**Function of skeletal system:** support; protection; attachment for skeletal muscle; source of blood cell production; store of minerals

**Joints:** fixed; slightly moveable; synovial/freely moveable (types, structures, movement at each joint)

**Muscular system:** major muscles (biceps, triceps, deltoids, pectoralis major, rectus abdominis, rectus femoris, vastus lateralis, vastus medialis, vastus intermedius, semimembranosus, semitendinosus, biceps femoris, gastrocnemius, soleus, tibialis anterior, erector spinae, teres major, trapezius, latissimus dorsi, obliques, gluteus maximus); function; location; types of muscle (cardiac, skeletal, smooth)

**Function of the muscular system:** movement – antagonistic pairs (agonist, antagonist); fixator; synergist; types of contraction (isometric, concentric, eccentric, isokinetic)

**Fibre types:** Type 1; Type 2a; Type 2b; characteristics; types of sports each are associated with.

## Assessment Tasks.

Please complete the assessment tasks by working through the article in the interactive Sport IQ magazine on the weblink below;

<https://www.joomag.com/magazine/alevel-issue01-alevel-issue10anat/0983045001313415495>

Open the magazine and flip the pages by clicking on the corner of the page. Complete each of the tasks on pages 6 to 11 covering the movement analysis of a squat and cricket bowling technique. Each article has a number of tasks. Please copy and then complete these tasks on a word document and submit it when you start in September.

Any problems please contact Mr Westall ([Chris.Westall@plymptonacademy.tsat.uk](mailto:Chris.Westall@plymptonacademy.tsat.uk)) or Mr Taylor ([Stuart.Taylor@plymptonacademy.tsat.uk](mailto:Stuart.Taylor@plymptonacademy.tsat.uk))

Follow the PE Dept on Twitter for topics linked to your BTEC course @PlymptonAcadPE

Please make sure that you enjoy your summer and we are looking forward to seeing you in September.

Mr Taylor