

Helena Romanes School

BTEC Sport
Summer Bridging Work 2022

Qualification: BTEC National Diploma in Sport	Exam Board: Pearson
Deadline: To be handed in during Lesson 1 in September.	

Welcome to BTEC Sport. We are delighted that you are considering BTEC Sport as an option in Sixth Form. To demonstrate your commitment to the course and to prepare you for September, you must complete the following tasks to the best of your ability. This task is compulsory and must be completed prior to your first BTEC sport lesson in Year 12.

The activity has been designed to help you begin to develop some of the key skills you will need for BTEC Sport.

Learning Objectives:
<ul style="list-style-type: none"> - To develop a basic understanding of what a BTEC assignment entails and the depth of knowledge needed. - To be able to conduct independent research and apply knowledge of fitness training to a client.

Contacts for Support:

- Miss Booth - lbooth@hrs.education
- Mr Cheema - kcheema@hrs.education
- Miss Diss – Please email ADiss@hrs.education

Activities	
Task 1: Fitness Training	To complete the research assignment, following the assignment brief. This includes: <ul style="list-style-type: none"> - Collating your own information and data about yourself, as well as in comparison to norm. - Completing an in body test using the machine in the leisure centre
Task 2: Anatomy & Physiology	Revise the following information. <ul style="list-style-type: none"> - Names of the bones in the body - Names of the types of joints and their location - Names of the muscles in the body - The different types of movement at each joint - The names of the different chambers, valves and blood vessels of the heart

For September you will need:

- 1 Lever arch folder
- 1 Ring binder folder
- 1 set of 10 dividers
- Plastic wallets
- Lined paper
- Pens/Highlighters

Task: Assignment Brief

Qualification	Pearson BTEC Level 3 National Diploma in Sport
Unit number and title	Unit 2: Fitness Training & Programming for Health, Sport & Wellbeing
Learning aim(s)	Understand the principles of fitness training & programming for health, sport & wellbeing.
Assignment title	A fitness training & wellbeing programme for a chosen client
Assessor	Miss Diss
Issue date	JUNE 2021
Hand in deadline	September 2021 – First lesson of term

Vocational Scenario or Context	<p>You have just qualified as a personal trainer and are about to create your own personal training business.</p> <p>You will need to collate accurate health information about yourself using interviews and health screening tests (such as BMI, Waist to Hip ratio, etc) and fitness tests (at least 4).</p> <p>Compare the data you have collected to normative data</p>
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Checklist of evidence required	<ul style="list-style-type: none"> - A client profile with their health screening information (eg. PARQ) - Normative data. - Short evaluation of your conclusions
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Resources & Model examples	<p>These will be put onto the google classroom for you to look at and use to help create your resources.</p> <p>Fitness tests normative data - click on your chosen fitness tests.</p> <p>https://www.topendsports.com/testing/norms/index.htm</p> <p>https://brianmac.co.uk/</p>
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