

KS5 Subject: **BTEC Sport (Diploma)**

Objectives for Transition Tasks:

- To start to develop expected 6th form study skills, including independence
- To culture an interest and passion for your chosen subject through enquiry
- To learn core concepts of the subject to use in your studies

Watch:

Unit 1 : Anatomy and Physiology >

[Watch me!](#)

Unit 2 : Fitness Training and Programming for Health, Sport and Well-being >

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Unit 4 : Sports Leadership >

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Read:

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Independent Task (to be submitted):

During a school trip a student fell and fractured his cranium.

- Q1 (a) state the name of the cranium's bone type (1 mark)
- Q1 (b) explain how the function of this bone type would help the student when he fell (3 marks)

Your client, Julie is 52 years old and she has decided to begin exercising.

- Q2 (a) Calculate her maximum heart rate (1 mark)
- Q2 (b) What training zone would you recommend she works within? (1 mark)
- Q2 (c) Work out her training heart rate (1 mark)

Managing stress levels is very important for both leader and sports performer.

- Q1. What types of sports benefit from lower levels of arousal and which from higher? (3 marks)
- Q2. What strategies could help control one's level of arousal? (3 marks)



Aim Higher Task:

Deepen your knowledge in one of the following topics:

Unit 1 - Anatomy & Physiology

Analyse how the structure and function of the shoulder joint allow a cricketer to bowl the ball well. Try to address the following: (i) type of joint, (ii) structure of joint, (iii) link to range of movement, (iv) function, (v) bone type, and (vi) link to performance of technique (5 marks)

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Or

Unit 4 - Sports Leadership

Create an A4 poster on the psychological factors that could impact on the leadership of a team within different sporting environments. Use PowerPoint, [Canva](#) or [Figma](#) to design the poster

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DEADLINE FOR TRANSITION TASK: Please bring to your first lesson in September.