



**Units for BTEC Sport and Exercise Science National Diploma (Double Award)**

<b>Year 12</b>
<b>Unit 1 - Sport and Exercise Physiology</b>
<b>Unit 2 - Functional Anatomy</b>
<b>Unit 3 - Applied Sport and Exercise Psychology</b>
<b>Unit 5 - Applied Research Methods in Sport and Exercise Science</b>
<b>Year 13</b>
<b>Unit 4 - Field and Laboratory-based Fitness Testing</b>
<b>Unit 6 -Coaching for Performance and Fitness</b>
<b>Unit 8 - Specialised Fitness Training</b>
<b>Unit 9 -Research Project</b>

**Exam board website**

<https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-and-exercise-science-2016.html>

**Specification**

[https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-and-exercise-science/2016/specification-and-sample-assessments/9781446938089\\_BTEC\\_Nat\\_ExtDip\\_SES\\_SPEC\\_Iss2C.pdf](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-and-exercise-science/2016/specification-and-sample-assessments/9781446938089_BTEC_Nat_ExtDip_SES_SPEC_Iss2C.pdf)

## Unit 2 - Functional Anatomy

- 1) Consider the website link shown <https://www.brianmac.co.uk/physiol.htm>

Left hand side ... TOPICS

- 2) Seek out Anatomy ... then click on 'Body Systems' then look at the following areas of study
  - Cardiovascular system
  - Respiratory system
  - Muscular system
  - Skeletal system
  - Neurological system
- 3) In addition, <https://www.youtube.com/watch?v=VWamhZ8vTL4> ... the link shows a description of the anatomy of the heart; take a look.

## Unit 3 - Applied Sport and Exercise Psychology

- 1) Listen to the High Performance Podcast. Pick an athlete you know and listen to how they achieve a high performance lifestyle.

[High Performance Podcast \(thehighperformancepodcast.com\)](http://thehighperformancepodcast.com)

1) Read through the article and use the links at the bottom of the page to further knowledge about key areas of psychology.

<https://www.brianmac.co.uk/psych.htm>

2) Research the role of a sports psychologist for a team or individual performer.

<https://www.peaksports.com/roles-of-a-sports-psychologist/>

## Unit 5 - Applied Research Methods in Sport and Exercise Science

- 2) What is research?
- 3) Why is research in sport and exercise science important?
- 4) What are the components that make up a research project? E.G data collection
- 5) Using all resources available to you, you need to try and find the answers to the above questions. These answers can be completed in bullet point form.

### Recap tasks from GCSE PE

BBC bitesize - <https://www.bbc.co.uk/bitesize/examspecs/zxbg39q> and [Seneca Learning - https://www.senecalearning.com/](https://www.senecalearning.com/) Sign up for free as a student, search for 'Physical Education: EDEXCEL GCSE' and use the resources available to test your understanding. On the following areas:

- Fitness testing
- Fitness training and principles of training
- Mental preparation
- Target setting
- Long and short term effects of exercise on the body
- Respiratory and circulatory system
- Anaerobic and aerobic
- Skeletal and muscular system
- Data analysis

### Films and videos to watch

In PE and Sport we also cover a number of current issues in sport such as the development of sport (influence of the public schools, emergence of athleticism), leadership and deviance (hooliganism, drugs) in depth. We would advise you to watch some sports films while you have some time to do so. See below for some suggestions available on YouTube...

- 1 [Tom Brown's Schooldays \(2005 version with Stephen Fry\)](#)
- 2 Chariots of Fire
- 3 Kes (Football match)
- 4 The English Game - History of professionalism (Netflix)
- 5 ['Catch me if you can' - BBC Panorama investigation into drugs in sport.](#)