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# **BTEC National Extended Certificate in Sport SINGLE option**

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**Year 12 (2017-19)**

**Topics studied:**

**Year One**

Unit 1 – Anatomy & Physiology

MANDATORY / 120 credits

External Exam

Unit 3 – Professional Development in the 3.2 Managers, Leaders and decision making

MANDATORY / 60 credits

Internal assessment

**Year Two**

Unit 2 – Fitness Training & Programming

MANDATORY / 120 credits

External Task

Unit 4 – Sports Leadership

OPTIONAL/ 60 credits

Internal assessment

**Examination Board:**

Edexcel BTEC Nationals in Sport

**Assessment Structure:**

**Unit 1:**

External assessment paper

•1 hour and 30 minutes

•90 marks

Section A – The Skeletal System

Section B – The Muscular System

Section C – The Respiratory System

Section D – The Cardiovascular System

Section E – Energy Systems

Section F – Interrelationship between systems

**Unit 2:**

External Task – planned/ prepared for in school but marked externally.

**Unit 3 & 4:**

Tasks set and marked by staff in school.

**External tasks to take place in January and May/ June**

There is no controlled assessment or coursework.

**Subject specific websites to support revision and independent learning:**

[www.tutor2u.net](http://www.tutor2u.net)

<http://www.s-cool.co.uk/a-level/business-studies>

[www.bbc.co.uk/news/business](http://www.bbc.co.uk/news/business)

<https://revisionworld.com/a2-level-level-revision/business-studies-level-revision>

<http://www.aqa.org.uk/subjects/business-subjects/as-and-a-level/business-7131-7132>

<https://www.theguardian.com/uk/business>

**Recommended subject guides:****UNIT 1****Text Books**

Adams M et al, BTEC Level 3 National Sport Book 1, Pearson, 2010 ISBN 9781846906510

Adams M et al, BTEC Level 3 National Sport Book 2, Pearson, 2010 ISBN 9781846906503

Adams M et al, BTEC Level 3 National Sport Teaching Resource Pack (Second Edition), Pearson, 2010 ISBN 9781846906541

Howley ET and Franks BD, Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers, 2003 ISBN 9780736042109

Marieb EN and Hoehn K, Human Anatomy & Physiology (10th Edition), Pearson, 2015 ISBN 9781292097060

Palastanga N, Soames RW and Field D, Anatomy and Human Movement: Structure and Function (Fifth Edition), Butterworth-Heinemann, 2006 ISBN 9780750688147

Sharkey BJ and Gaskill SE, Fitness & Health (Sixth Edition), Human Kinetics Publishers, 2006 ISBN 9780736056144

Stafford-Brown J, Rea S and Chance J, BTEC National Sport and Exercise Science (Second Edition), Hodder Education, 2007 ISBN 9780340939512

Tortora GJ and Derrickson BH, Principles of Anatomy and Physiology (12<sup>th</sup> Edition), John Wiley & Sons, 2008 ISBN 9780470233474

**Websites**

[www.1st4sport.com](http://www.1st4sport.com) – Coachwise

[www.acsm.org](http://www.acsm.org) – American College of Sports Medicine

[www.bases.org.uk](http://www.bases.org.uk) – The British Association of Sport and Exercise Sciences

[www.heart.org](http://www.heart.org) – American Heart Association

[www.humankinetics.com](http://www.humankinetics.com) – Human Kinetics

[www.nhs.uk](http://www.nhs.uk) – National Health Service

[www.sportsci.org](http://www.sportsci.org) – Sport Science

[www.sportscoachuk.org](http://www.sportscoachuk.org) – Sports Coach UK

[www.topendsports.com](http://www.topendsports.com) – Topend Sports

## **UNIT 2**

### **Text Books**

Adams M et al, BTEC Level 3 National Sport Book 1, Pearson, 2010 ISBN 9781846906510

Adams M et al, BTEC Level 3 National Sport Book 2, Pearson, 2010 ISBN 9781846906503

Adams M et al, BTEC Level 3 National Sport Teaching Resource Pack (Second Edition), Pearson, 2010 ISBN 9781846906541

Howley ET and Franks BD, Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers, 2003 ISBN 9780736042109

Sharkey BJ and Gaskil SE, Fitness and Health (Sixth Edition), Human Kinetics Publishers, 2006 ISBN 9780736056144

### **Websites**

[www.acsm.org](http://www.acsm.org) – American College of Sports Medicine – health, fitness and nutrition articles

[www.bbc.co.uk](http://www.bbc.co.uk) – BBC – healthy living

[www.bhf.org.uk](http://www.bhf.org.uk) – British Heart Foundation – health, lifestyle, nutrition, hydration, heart disease, exercise, food labelling, questionnaires, smoking

[www.brianmac.co.uk](http://www.brianmac.co.uk) – BrianMac – sports drinks, fitness testing, training, programming

[www.bupa.co.uk](http://www.bupa.co.uk) – BUPA – benefits of exercise, children and exercise

[www.doh.gov.uk](http://www.doh.gov.uk) – Department of Health – obesity, healthy eating, initiatives, factsheets for government recommendations for physical activity (various age groups)

[www.drinkaware.co.uk](http://www.drinkaware.co.uk) – Drinkaware – health effects and issues, facts, sevenday calculator

[www.food4life.org.uk](http://www.food4life.org.uk) – Food4life – eatwell plate, food groups

[www.livestrong.com](http://www.livestrong.com) – Livestrong – effects of poor nutrition

[www.macmillan.org.uk](http://www.macmillan.org.uk) – Macmillan – benefits of exercise, maintaining a healthy lifestyle and getting active

[www.nhs.uk](http://www.nhs.uk) – NHS – physical activity guidelines for all ages, health benefits, activity levels, sedentary lifestyles and strategies, balanced diet, eatwell plate, smoking

[www.nhs.uk/change4life](http://www.nhs.uk/change4life) – Change4Life – eat well, balanced diet, alcohol, strategies

[www.topendsports.com](http://www.topendsports.com) – Topend Sports – a range of resources on fitness testing, fitness training and nutrition

[www.who.int](http://www.who.int) – The World Health Organization – health topics

## **UNIT 3**

### **Text Books**

Auld C, Cuskelly G and Hoye R, Working with Volunteers in Sport, Routledge, 2006 ISBN 9780415384537

Corfield R, Preparing the Perfect CV, Kogan Page, 2006 ISBN 9780749448554

Corfield R, Successful Interview Skills, Kogan Page, 2006 ISBN 9780749445089

Corfield R, The Perfect Job Application, Kogan Page, 2007 ISBN 9780749450229

Dixon B, Jobs and Careers after A Levels, Lifetime Publishing, 2007 ISBN 9781904979210

Dixon B, Sport and Fitness Uncovered, Trotman, 2007 ISBN 9781844551217

Dransfield R et al, BTEC National Business, Heinemann, 2007 ISBN 9780435454494

Furlong C, Careers in Sport, Kogan Page, 2005 ISBN 9780749442484

Masters J, Working in Sport: How to Find a Sports Related Job in the UK or Abroad, How to Books, 2008 ISBN 9780749442484

Nutall CJ, Edexcel GCSE Business Studies, Cambridge University Press, 2001 ISBN 9780521003643

### **Websites**

[www.fsb.org.uk](http://www.fsb.org.uk) – Federation of Small Businesses

[www.prospects.ac.uk](http://www.prospects.ac.uk) – Prospects

[www.sportengland.org](http://www.sportengland.org) – Sport England

[www.statistics.gov.uk](http://www.statistics.gov.uk) – UK National Statistics

### **Websites for careers in sport**

[www.careers-in-sport.co.uk](http://www.careers-in-sport.co.uk) – Careers in sport

www.exercisecareers.com – Exercise Careers  
www.jobsinsports.com – Jobs in sports  
www.leisurejobs.net – Leisure Jobs UK  
www.leisureopportunities.co.uk – Leisure Opportunities  
www.sportscareers.co.uk – Sports careers  
www.totaljobs.com – Total Jobs  
www.uk sport.gov.uk/jobs – UK Sport

#### **Websites for personal skills auditing**

www.brunel.ac.uk – Traffic lights skills audit  
www.exeter.ac.uk – Personal and key skills audit  
www.hull.ac.uk – Skills audit  
www.tress-tress.com – Sample personal skills audit

### **UNIT 4**

#### **Text Books**

Dorfman HA, Coaching the Mental Game: Leadership Philosophies and Strategies for Peak Performance in Sports and Everyday Life, Taylor Trade Publishing, 2005 ISBN 9781589792586

Edginton C et al, Leadership for Recreation and Leisure Programs and Settings (Second Edition), Sagamore Publishing, 1999 ISBN 9781571674371

Hellison D and Martinek T, Youth Leadership in Sport and Physical Education, Palgrave Macmillan, 2009 ISBN 9780230612365

Martens R, Successful Coaching (Third Revised Edition), Human Kinetics Publishers, 2004 ISBN 9780736040129

Rhodes R and Hayward S, Basic Coaching Skills: Building Leadership in Youth Sports. Based on the National Standard for Athletic Coaches, American Coaching Institute, 2000 ISBN 9780967794105

#### **Websites**

www.hse.gov.uk/pubns/indg163.pdf – Health and Safety Executive

www.britishcycling.org.uk – British Cycling

www.british-gymnastics.org.uk – British Gymnastics

www.britishswimming.org – Amateur Swimming Association

www.englishbasketball.co.uk – English Basketball Association

www.lta.org.uk – The Lawn Tennis Association

www.olympics.org.uk – The British Olympic Association

www.rfu.com – The Rugby Football Union

www.sportscoachuk.org/ – Sports Coach UK

www.sportsleaders.org/ – Sports Leaders

www.thefa.com – The Football Association

www.ukathletics.net – UK Athletics

www.uk sport.gov.uk – UK Sport

[www.youthsporttrust.org/how-we-can-help/programmes/youngambassadors.aspx](http://www.youthsporttrust.org/how-we-can-help/programmes/youngambassadors.aspx) – Youth Sport Trust

#### **Additional Information:**

For practical lessons you will be required to purchase a black Smestow T-shirt and wear black shorts with white socks and trainers. You must change for practical lessons and not come to school wearing PE kit.

#### **Independent home learning**

You will be required to undertake a significant amount of preparation at home. You should be doing about 5 hours additional work. Work will be set in the form of preparation tasks as well as consolidation tasks.

