



Hinchingsbrooke School

Hard Work • High Standards • Kindness

BTEC Sport

Year 12 Transition Work 2023

Please complete each task in your BTEC Sport workbook which is to be handed in to your BTEC teacher at the start of your course in September.

When answering the tasks, try to use the following structure:

- Point
- Evidence
- Explain

Use connectives to help you construct your answer e.g., firstly, on the other hand, similarly, in contrast, however, alternatively, furthermore, finally.

Please present your work neatly, using headings and dates and underlining the titles with a ruler.

All students should complete the Introduction task and Task 1. Please also choose a minimum of TWO further tasks to complete.

Introduction: Produce an A4 presentation of yourself, include:

Action photo of yourself, who is your role model (explain why), your sporting history, achievements, level of performance, dedication to your sport and aspirations.

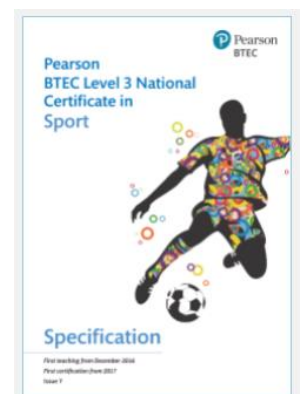
Task 1

Use the **Pearson BTEC Level 3 National Extended Diploma in Sport Specification** to familiarize yourself with the content of the course section by section. We deliver units 1,2,3 and 6 at Hinchingsbrooke School.

Identify which of these topics you are excited to learn more about, and those which you identify as being your weaker areas.

Use this link to access the specification:

<https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-l3-national-cert-in-sport-spec.pdf>



Task 2:

Research and discuss why Plyometric training might be used by a 100m sprinter as part of their training plan.

Key terms to include in your answer:

- Eccentric contraction
- Concentric contraction
- Muscular power
- Explosive
- High intensity

Task 3:

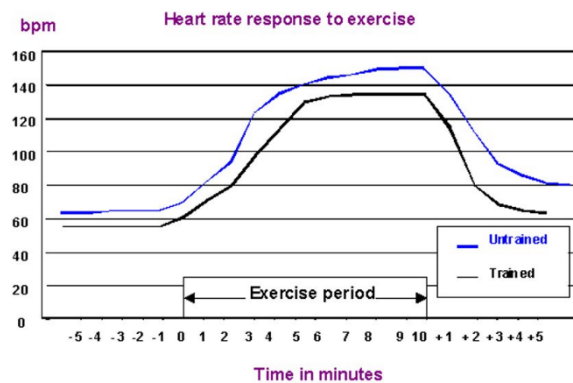
When training, athletes should consider their diet.

Watch the documentary “The Game Changers” on Netflix, highlight the main points made from the film.

Research what a balanced diet is according to what you learnt at GCSE, CNAT or BTEC level 2 and evaluate whether you agree with the points made.



Task 4: Complete a training session and record your heart rate throughout the session at 2 minute intervals. Plot your heart rate on a graph as in the example below:



Explain how and why your heart rate responded to the type of exercise you completed. What did your recovery rate suggest about your current level of fitness?

Task 5: Discuss which three components of fitness are most important to the gymnast in the picture below when she is performing during her floor routine. Justify your reasoning.

