

# Sport

## Progression to Level 3

Specific information for Pearson Level 3 Sport can be found using the link below:

[https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/9781446958278\\_BTEC\\_NAT\\_L3\\_EXTDIP\\_SPORT\\_SPEC.pdf](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/9781446958278_BTEC_NAT_L3_EXTDIP_SPORT_SPEC.pdf)

**Career options in Sport** – Click [here](#) to view information about your options if you are thinking of pursuing a career in Sport.

The Mandatory Units are:

- Unit 1: Anatomy and Physiology
- Unit 2: Fitness Training and Programming for Health, Sport and Well-being
- Unit 3: Professional Development in the Sports Industry

**Key Tasks – Prior to starting the course**

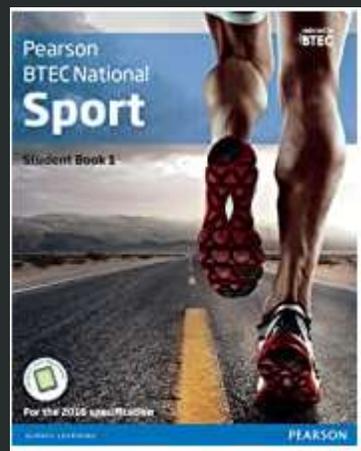
1. You will need to ensure that you are familiar with Energy Systems and have self-taught yourself about ATP and the 3 energy systems.
2. Understand the structure of the skeletal system and be able to label the bones of a skeleton. You must also understand how the bones of the skeleton are used in sporting techniques and actions.
3. Learn the functions of the skeletal system and be able to describe why they are important. Click [here](#) to watch a Planet PE Podcast about this.
4. Be able to categorise the different types of bones and explain how they are important in sport.
5. Understand the different joints of the body and be able to explain the different type of movement each joint can produce. Click [here](#) to watch a video about this.
6. Fitness Testing- Using [this link](#) ensure you are familiar with the different fitness tests and how to conduct each one.
7. Health and Fitness- follow [this link](#) and assess your own fitness, compare yourself to national average data
8. Anatomy and Physiology- Find and label a diagram of the heart? Describe what is meant by an antagonistic pair and give a sporting

Textbooks being used within the course can be found below:

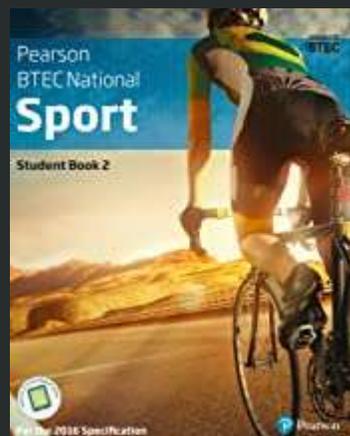
The following textbooks are recommended for this course and can be purchased online.

**BTEC Nationals Sport Student Book 1 + Activebook**

This is currently FREE to read via the Kindle APP.

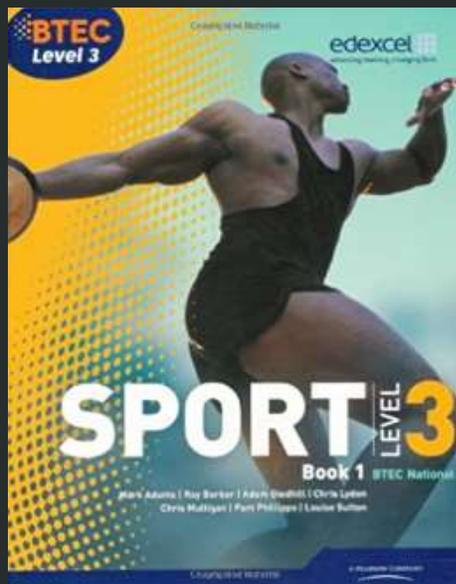


**BTEC Nationals Sport Student Book 2 + Activebook**



## BTEC Level 3 National Sport Book

This book can be purchased online and is also currently FREE to read via the Kindle App.



example? What are the mechanics of breathing at rest and when we exercise?

Click on [this link](#) to be taken to some sample assessment material. Here you will find examples of the Unit 1 exam questions that you can try and answer. A mark scheme is also available from page 28 onwards.

There are a variety of TED talks that can be watched or listened to [here](#). Take a look on the website to see which ones grab your interest.

Examples include:

[Why winning doesn't always equal success.](#)

[Are athletes really getting faster, better, stronger?](#)

**The Open University and Future Learn are offering FREE online courses. Click on the courses below to find out more information.**

[Improving aerobic fitness](#)

[Exploring sport online: Athletes and efficient hearts](#)