BUDMOUTH ACADEMY
WEYMOUTH

Sixth Form Pre-Course Task

Welcome to **Pearson BTEC Extended Certificate in Sport**, we look forward to sharing our enthusiasm for sport and developing your subject knowledge over the next two years. Thank-you for your interest in this course - it is a challenging course with a variety of assessment methods ranging from presentations, written assignment, practical led sessions and external examinations.

Mr De La Haye (Course Lead) ldelahaye@budmouth-aspirations.org for support

In preparation for you joining us in September, please complete the following pre-course tasks where you will have the opportunity to showcase your prior knowledge, demonstrate your ability to research the three key areas of the course and share sporting interests within this subject area more widely.

**You can write your responses directly into the boxes provided or type your responses on a separate document.*

TASK 1: Tell us how this subject links to your future aspirations.

Useful website for careers guidance:

https://www.ucas.com/explore/search/courses?query=
https://www.ucas.com/careers-advice
https://findapprenticeshiptraining.apprenticeships.education.gov.uk/courses
https://uk.indeed.com/
https://nationalcareers.service.gov.uk/

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TASK 2 - Research:

Unit 1 Anatomy & Physiology [research link help click here]

Describe the 5 types of bones - detailing the structure, function & location in the body.

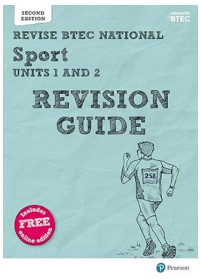
Synovial joints are used when performing sporting techniques and actions. Illustrate and explain the main structural components of a synovial joint - articular cartilage, ligaments, tendons, synovial membrane, bursa, joint capsule and synovial fluid.

TASK 3 - Written task (word count 300-500 words):

Unit 2 Fitness Training & Programming

Carbohydrates are an essential part of a balanced diet. Analyse the nutritional importance of carbohydrates for an endurance athlete, linking to sports performance.

Pre-course reading recommendations (optional): Pearson REVISE BTEC National Sport Units 1 & 2 Revision Guide inc online edition.



If you have any questions about this course or require any further information on the tasks set above, please contact Mr De La Haye delahaye@budmouth-aspirations.org

Please note that all pre-course tasks should be handed to your subject teacher by **Friday 11th September**, if these have been typed then please print them out before

handing in. We look forward to working alongside you and seeing all you can achieve on this course.