

Sport - BTEC Extended Certificate – Preparatory Work 2022

<p>UNIT 1: Anatomy & Physiology</p> <p>External Assessment 80 marks 1.5 Hour Exam</p>	<p>COMPLETE</p> <p>Task 1: Create a table for the 3 main synovial joints.</p> <table border="1" data-bbox="665 365 1420 550"> <tr> <td>Description</td> <td>Ball & Socket</td> <td>Hinge</td> <td>Condyloid</td> </tr> <tr> <td>Examples in the body</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Articulating Bones</td> <td></td> <td></td> <td></td> </tr> </table> <p>Task 2: Look up what these joint movements are. Describe and give a sporting example. Present in table form.</p> <table border="1" data-bbox="665 695 1420 807"> <tr> <td>Movement</td> <td>Description</td> <td>Sporting Example</td> </tr> <tr> <td>E.g Flexion</td> <td>Decreasing the angle at a joint</td> <td>Upward phase of a bicep curl</td> </tr> </table> <p>Flexion/Extension/Abduction/Adduction/ Horizontal Flexion/Horizontal Extension/Medial Rotation/Lateral Rotation/ Circumduction/Dorsiflexion/Plantar flexion</p> <p>Task 3: What are the antagonistic pairs of muscles at each of these joint? Present in table form</p> <ol style="list-style-type: none"> 1. Shoulder joint 2. Ankle Joint 3. Elbow Joint 4. Wrist Joint 5. Hip Joint 6. Knee <p>Note: There may be more than one movement at each joint</p>	Description	Ball & Socket	Hinge	Condyloid	Examples in the body				Articulating Bones				Movement	Description	Sporting Example	E.g Flexion	Decreasing the angle at a joint	Upward phase of a bicep curl	<p>WATCH</p> <p>Joints and Movements by James Morris</p> <p>Joint action and muscles - YouTube</p> <p>Time: 30 MINS in total</p>	<p>READ</p> <p>Brianmac.co.uk Anatomy and Physiology</p> <p>The Skeletal System Physiology - Skeletal System (brianmac.co.uk)</p> <p>The Muscular System Physiology Muscular System (brianmac.co.uk)</p> <p>Time: 30 MINS</p>
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<p>UNIT 7: Practical Sports Performance</p> <p>Internal Assessment 2 Assignments</p>	<p>COMPLETE</p> <p>Task 1: Identify a National Governing Body for your sport. List the roles and responsibilities of that national governing body.</p> <p>Task 2: Produce a 1-sided A4 poster or fact sheet displaying all the essential rules required in your chosen sport.</p> <p>Task 3: Identify an elite athlete in your sport. List 5 components of fitness you think are important to this person's performance. Give examples of when they would use it, within a game situation.</p> <p>Athlete:</p> <table border="1" data-bbox="663 762 1417 986"> <thead> <tr> <th>Component of Fitness</th> <th>Example</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table> <p>Task 4: Write a match report based on your last competitive game. Identify your strengths and weaknesses in the game and explain why you have identified these strengths and weaknesses in your performance.</p> <p>Task 5: Using 1 of your weaknesses, plan a training session you could complete to improve the identified weakness.</p>	Component of Fitness	Example													<p>WATCH</p> <p>What is Sport Performance Analysis Gemma Davies – Cardiff MET</p> <p>What is Sport Performance Analysis - Careers in Sport Guest Lectures - YouTube</p> <p>Time: 30 MINS in total</p>	<p>READ</p> <p>The role of a Sports Performance Analyst.</p> <p>The role of a Performance Analyst in Sports Sport Performance Analysis</p> <p>Time: 30 MINS</p>
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