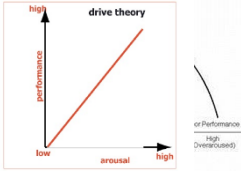**Sport & Exercise Science BTEC Extended Diploma/Diploma – Preparatory Work 2025**

| UNIT 2: Anatomy

Year 1 External Assessment
60 marks
1.5 Hour Exam | **COMPLETE**

Task 1: Create a table for the 3 main synovial joints.

Task 2: Look up what these joint movements are. Describe and give a sporting example. Present in table form.

Flexion/Extension/Abduction/Adduction/ Horizontal Flexion/Horizontal Extension/Medial Rotation/Lateral Rotation/ Circumduction/Dorsiflexion/Plantar flexion

Task 3: What are the antagonistic pairs of muscles at each of these joint?
Present in table form
1. Shoulder joint
2. Ankle Joint
3. Elbow Joint
 4. Wrist Joint
5. Hip Joint
6. Knee
Note: There may be more than one movement at each joint | **WATCH**
Joints and Movements by James Morris

Joint action and muscles - YouTube

Time: 30 MINS | **READ**
Brianmac.co.uk
Anatomy and Physiology

The Skeletal System
Physiology - Skeletal System (brianmac.co.uk)

The Muscular System
Physiology Muscular System (brianmac.co.uk)

Time: 30 MINS |

Task 1 table:

Description	Ball & Socket	Hinge	Condyloid
Examples in the body			
Articulating Bones			

Task 2 table:

Movement	Description	Sporting Example
E.g Flexion	Decreasing the angle at a joint	Upward phase of a bicep curl

BTEC Extended Diploma/Diploma in Sport and Exercises Science – Enrolment Work

UNIT 3: Applied Sports Psychology	COMPLETE	WATCH	READ
Year 2 External Assessment 60 marks 3 Hour Exam	Watch the video, then complete the tasks: Task 1: Describe the following theories of arousal. a) Drive Theory b) Inverted U Hypothesis	Theories of Arousal – James Morris Theories of Arousal - YouTube Time: 15 MINS	Drive Theory - PE A-level - Revision World Inverted U Theory - Physical Education - Revision World
UNIT 6:Sports Coaching for performance and fitness **Year 1 Internal Assessment 3 x Assignments**	COMPLETE **Task** *What Makes an Effective Coach?* **Write a short reflection (approx. 250–300 words) answering the following:** • **Choose a coach (from school, TV, sport, or real life) you admire.** • **Describe their coaching style and approach.** • **Why do you think they are effective?** • **What type of coach would you want to be and why?**	WATCH **1. Watch (15 mins):** **Video:** *"What Makes a Good Coach?"* – Sky Sports **Link:** https://www.youtube.com/watch?v=eQbRWBlAV5I 🖉 **While watching, make notes on:** • What different coaching styles or techniques are mentioned? • How do the athletes describe the best coaches they've had? • What qualities do professional players say make a coach effective?	READ **Read (15 mins):** **Article:** *"The Four Coaching Styles"* – *Athlete Assessments* **Link:** https://www.athleteassessments.com/four-sport-coaching-styles/ **While reading, make notes on:** • The four coaching styles: **directive**, **supportive**, **casual**, and **persuasive** • Key characteristics of each style

			• Which coaching style do you relate to most, and why?