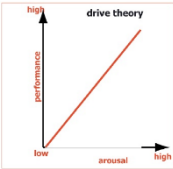
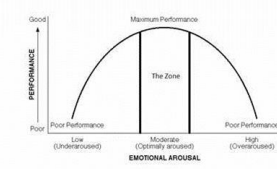


**Sport and Exercise Science BTEC Extended Diploma/Diploma – Preparatory Work 2022**

<p><b>UNIT 2: Anatomy</b> <b>UNIT 1: Physiology</b></p> <p><b>Year 1 and Year 2 External Assessment</b> <b>70/60 marks</b> <b>1.5 Hour Exam</b></p>	<p><b>COMPLETE</b></p> <p>Task 1: Create a table for the 3 main synovial joints.</p> <table border="1" data-bbox="667 363 1420 550"> <tr> <td>Description</td> <td>Ball &amp; 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="667 694 1420 805"> <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"> <li>1. Shoulder joint</li> <li>2. Ankle Joint</li> <li>3. Elbow Joint</li> <li>4. Wrist Joint</li> <li>5. Hip Joint</li> <li>6. Knee</li> </ol> <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><b>WATCH</b></p> <p>Joints and Movements by James Morris</p> <p><a href="#">Joint action and muscles - YouTube</a></p> <p>Time: 30 MINS</p>	<p><b>READ</b></p> <p>Brianmac.co.uk Anatomy and Physiology</p> <p>The Skeletal System <a href="#">Physiology - Skeletal System (brianmac.co.uk)</a></p> <p>The Muscular System <a href="#">Physiology Muscular System (brianmac.co.uk)</a></p> <p>Time: 30 MINS</p>
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<p><b>UNIT 3: Applied Sports Psychology</b></p> <p><b>Year 1</b>  <b>External Assessment</b>  <b>60 marks</b>  <b>3 Hour Exam</b></p>	<p><b>COMPLETE</b></p> <p>Watch the video, then complete the tasks:          Task 1: Describe the following theories of arousal.</p> <p>a) Drive Theory          b) Inverted U Hypothesis</p> <div style="display: flex; justify-content: space-around;">   </div>	<p><b>WATCH</b></p> <p>Theories of Arousal – James Morris  <a href="#">Theories of Arousal - YouTube</a></p> <p>Time: 15 MINS</p>	<p><b>READ</b></p> <p><a href="#">Drive Theory - PE A-level - Revision World</a></p> <p><a href="#">Inverted U Theory - Physical Education - Revision World</a></p>																
<p><b>UNIT 8: Specialised Fitness Training</b></p> <p><b>Year 1</b>  <b>Internal Assessment</b>  <b>3 x Assignments</b></p>	<p><b>COMPLETE</b></p> <p>Task 1: Define the following fitness demands in sport:</p> <table border="1" data-bbox="665 815 1420 1118"> <tr><td>Strength</td><td></td></tr> <tr><td>Cardiovascular Endurance</td><td></td></tr> <tr><td>Explosive Power</td><td></td></tr> <tr><td>Speed</td><td></td></tr> <tr><td>Agility</td><td></td></tr> <tr><td>Balance and Proprioception</td><td></td></tr> <tr><td>Sustained anaerobic exercise</td><td></td></tr> <tr><td>Reaction Time</td><td></td></tr> </table> <p>Task 2: Describe the three different types of continuous training and plan a session for each one.</p> <ol style="list-style-type: none"> <li>1. Continuous</li> <li>2. Fartlek</li> <li>3. Interval</li> </ol>	Strength		Cardiovascular Endurance		Explosive Power		Speed		Agility		Balance and Proprioception		Sustained anaerobic exercise		Reaction Time		<p><b>WATCH</b></p> <p>Components of Fitness  <a href="#">Components of Physical Fitness - BTEC Sport and GCSE PE - YouTube</a></p> <p>Time: 10 MINS</p> <p>Continuous Training  <a href="#">The Continuous Training Method (BTEC Sport &amp; GCSE PE) - YouTube</a></p> <p>Time: 10 MINS</p>	<p><b>READ</b></p> <p>Continuous and Interval Training – Brianmac</p> <p><a href="#">Continuous and Interval Training (brianmac.co.uk)</a></p> <p>Time: 15 MINS</p>
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