

**6<sup>th</sup> form Transition work**

Subject: <b>BTEC Sport (Extended Certificate)</b>
Exam Board: <b>Pearson</b>
<p>Instructions for transition work</p> <p>Congratulations, you have completed your GCSEs and it is now time for you to get a head start on your A-level studies. To help you overcome the big step up from GCSE to A-level I highly recommend that you complete all transition work explained below. As always, if you have any questions, please contact me at <a href="mailto:m.hudson@finhampark2.co.uk">m.hudson@finhampark2.co.uk</a></p>
<p>Transition work that must be completed prior to starting the course:</p> <ol style="list-style-type: none"> <li>(1) Purchase the course book titled: <b><i>Pearson BTEC National, Student Book 1</i></b>. On the front of the book there is an image of an athlete running down the road with red-soled trainers. This book can be purchased from Amazon or directly from Pearson.</li> <li>(2) Did you study GCSE P.E? If you did, you must recap and improve the knowledge of your weakest modules. This might sound odd but it is key that you close all gaps in your GCSE P.E knowledge. The reason I suggest this is because all A-Level knowledge builds on the information you learnt at GCSE level. If you have gaps, these gaps might widen at A-level if you do not tackle this potential weakness. Fortunately, all lessons taught within the GCSE course are available to download for free from the P.E Frog page which can be located on the school's website. Additionally, I highly recommend using the A3 revision sheets to help give you a specific format to work from. Furthermore, the BBC Bitesize website or app is a great free resource to use on a tablet, smartphone or home computer.</li> <li>(3) If you did not study GCSE it is vital that you use your summer holidays to enhance your GCSE P.E knowledge before this course starts. There are several ways you can complete this task. (1) purchase the course book titled: OCR GCSE Physical Education by Matthew Hunter. This is a yellow and blue book with a pair of red trainers on the front. (2) Use BBC Bitesize as a free online resource to help you learn all modules. (3) Request access to our FP2 P.E Frog page. On this page we have uploaded all lessons, revision resources and practice exam questions to help you learn all GCSE P.E information.</li> </ol>



Suggested further reading and resources that would be useful to look at prior to starting the course in September:

Have you reduced your knowledge gaps at GCSE P.E level? Have you purchased the BTEC course book? If you answered yes to both of these questions, please complete these further reading tasks. These tasks have been designed as research projects to be completed before you course starts in September. Note of caution, do not just copy down the first definition that comes up in Google, you will need to use the course book, YouTube and a range of official websites to confirm the correct answers. Please either write your answers on paper or create a detailed PowerPoint for each unit.

### **Unit 1 – Anatomy and Physiology**

- (1) What are the 5 types of bones in the human body?
- (2) What are the differences between the axial skeleton and the appendicular skeleton?
- (3) What are the differences between these three types of muscle? *Skeletal, cardiac and smooth.*
- (4) What are the differences between these three types of muscle contractions? *Isometric, concentric and eccentric.*
- (5) Muscle fibres. What does type I, Type IIa and Type IIx mean? Use sporting examples to explain these terms.
- (6) What is the condition known as SADS? How is Fabrice Muamba linked to this condition?

### **Unit 2 – Fitness Training, Health and Well-being**

- (1) What do endorphins do in the body? When are endorphins released?
- (2) There are many risks associated with smoking. Describe in detail these risks and the impacts on performance.
- (3) What are the differences between macronutrients and micronutrients? Use a range of examples to explain your answer.
- (4) What are the differences between dehydration and hyperhydration? What impacts do these states have on the body?
- (5) What are the benefits of yoga and Pilates on an athlete's performance?
- (6) What is proprioceptive neuromuscular facilitation also known as PNF stretching? How might it improve an athlete's performance?
- (7) Periodisation is used in appropriate training programs. How are macrocycles, mesocycles and microcycles used in periodised training program?