



# Welcome to BTEC Sport courses

- Thank you for choosing to come here to continue your education and to study sport at Havering 6<sup>th</sup> Form.
- We hope that you enjoy your time with us, and we have a couple of activities that we would like you to complete before you start in September.
- These activities will prepare you for 3 of the units that you will be undertaking while with us at the college.

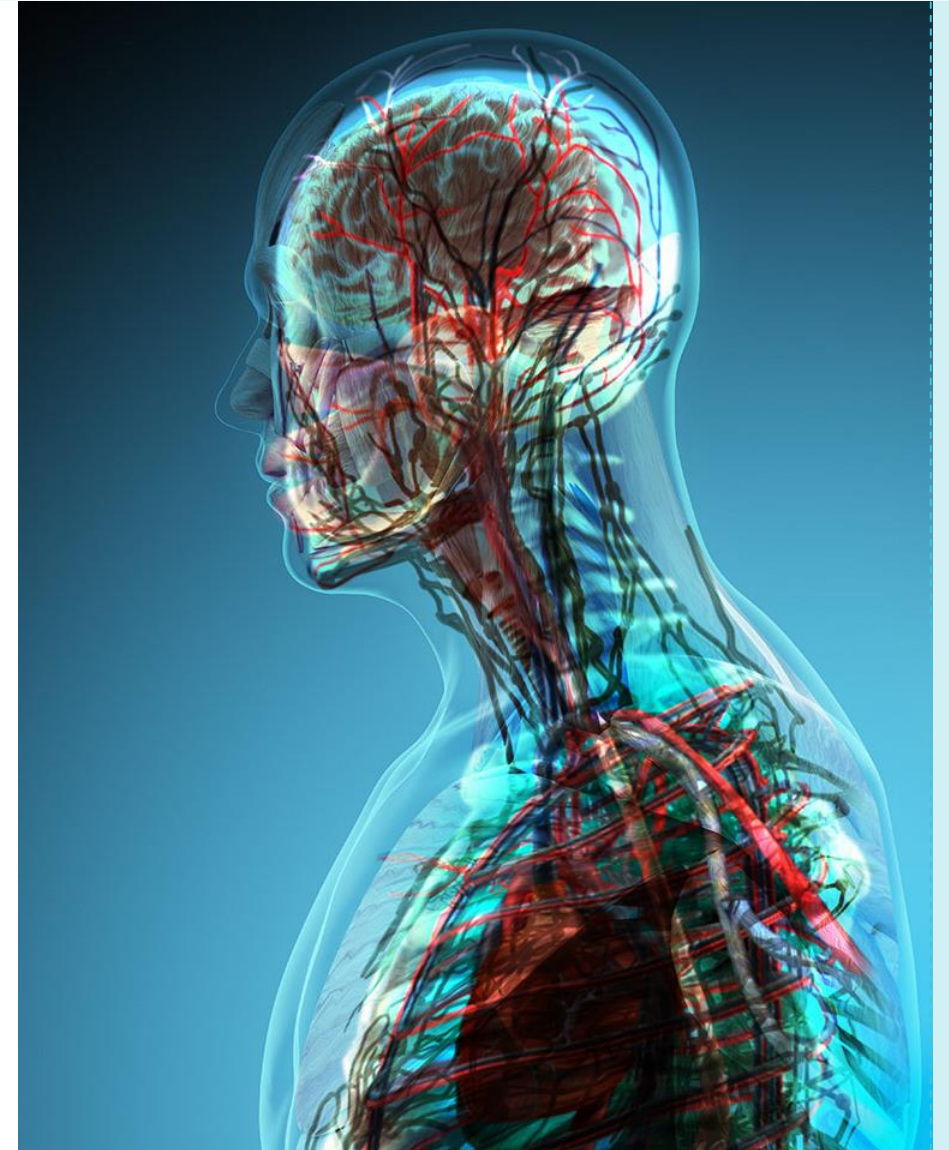
# What will you be studying?



- While here you will be studying the following units in year 1
- Anatomy and physiology (externally assessed).
- Fitness training & programming (externally assessed).
- Professional development.
- Sports leadership.
- Application of fitness testing.
- Sports psychology.
- Coaching for performance.

# Activity 1

- ◆ **Design an information booklet that shows the following information** (include diagrams where possible)
- ◆ Major bones to include: cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column (cervical, thoracic, lumbar, sacrum and coccyx), femur, patella, tibia, fibula, tarsals and metatarsals.
- ◆ Types of bone – long, short, flat, sesamoid and irregular.
- ◆ Areas of the skeleton – axial, appendicular, spine curves of the spine, neutral spine alignment, postural deviations (kyphosis, scoliosis).
- ◆ Process of bone growth – osteoblasts, osteoclasts and epiphyseal plates.





# Activity 3

- **Produce a personal skills audit to include:**
- Interests and accomplishments.
- What qualities do you think you have? (Reliability, organisational skills, commitment, resilience and empathy, and say why you think you have these by linking in examples) .
- Basic skills (literacy, numeracy and IT).
- Experience, e.g., sporting, leadership, work and travel, again with examples
- Qualifications – educational and any other.
- Generic employability skills (teamwork, cooperation, communication, problem solving examples to back up why you think you have these skills) .
- Specific technical skills (coaching, instructing, leading, administering test protocols with examples).
- A SWOT analysis (strengths, weaknesses, opportunities and threats).



# Activity 4

- ♦ Use the links below to find a career in the sports industry that you would be interested in pursuing, then produce an action plan of how you are going to get from where you are now to gaining this job. Use the skills audit that you have already completed to help you and include some timescales of when you hope to achieve these targets.
- ♦ Also, you need to include any extra training or qualifications that you will need to be able to do this job.
- ♦ [UK Sport](#)
- ♦ [Careers in sport](#)
- ♦ [Jobs in leisure](#)

