

Level 3 – Sport BTEC

Unit 1

<https://www.youtube.com/watch?v=Of3XS-gU8dc>

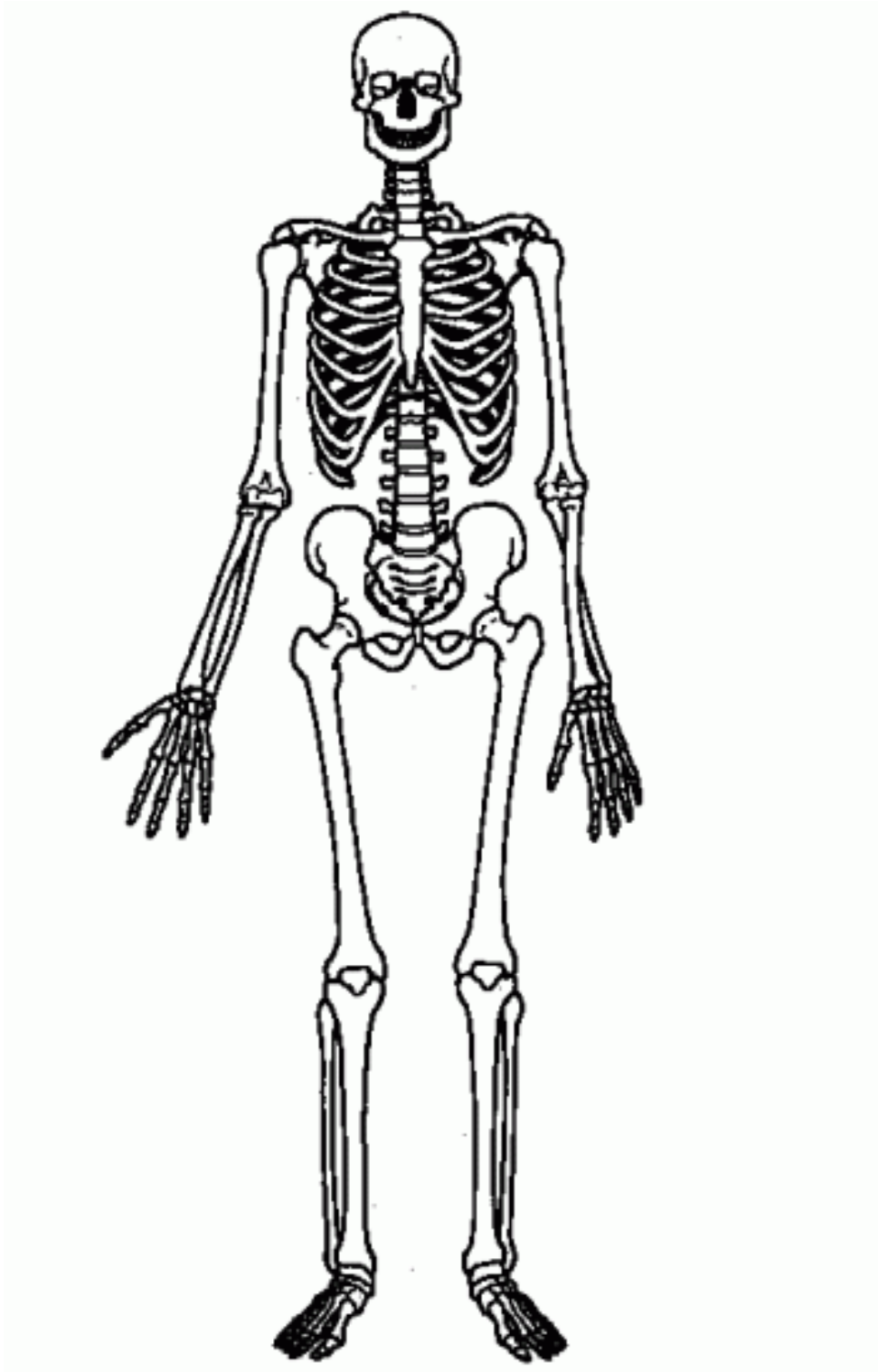
Watch this video and answer the questions below.

- 1) List the functions of the skeleton.
- 2) List the different types of bone and explain where you would find them.
- 3) Explain the difference between compact bone, and cancellous bone.
- 4) Label the long bone



Write down 5 extra facts about long bone:

5) Label the skeleton and indicate the different types of bone (colour/label)



Write down 5 extra facts about the skeleton:

Unit 2

<https://www.hoddereducation.co.uk/media/Documents/Early%20Years/Unit-1-1-Support-Healthy-Lifestyle.pdf>

Read through the document and make notes about healthy eating and lifestyle. What changes could you make?

<https://www.youtube.com/watch?v=1dk9sxZSs8Q>

Watch the video and make notes of the different training methods.

Research what information you would put on a lifestyle questionnaire.

Pick a topic - A Balanced Diet

Benefits of Physical Exercise

Negative Lifestyles factors

Find 10-15 facts on your topic and design a poster explaining them.

Work Experience

Try to organise work experience over the summer in a gym, leisure centre or children holiday camps, document everything you do.

Podcasts

Drugs within sport

Episode #18: Examining Performance Enhancing Drugs in Professional Sports with Mark Sisson

<http://blog.primalblueprint.com/episode-18-examining-performance-enhancing-drugs-in-professional-sports-with-mark-sisson/>

Podcast #25 – Drugs In Sports

<http://www.fastandjacked.com/podcast-25-drugs-in-sports/>

Episode 10

Developing Youth Leaders in Team Sports

<https://www.teamsnap.com/community/podcast/episode-10-developing-youth-leaders-in-team-sports>