



Post-16 Transition Support

BTEC National Level 3 Sport and Leisure

Transition Project

In preparation for your course, you should consider completing the following tasks so that you become more familiar with using a range of current resources and developing your ability to work creatively and independently. These tasks will enable you to create connections between what you already know and specific topics studied in BTEC National Level 3 Sport and Leisure qualifications.

Knowledge Topics – Building knowledge

Task 1: Key Knowledge

To study BTEC Sport and Leisure you do not need to have studied GCSE PE. However, if you have, there are certain topic areas that you would really benefit from having a good understanding of as these are taught early in the course. These include; Analysing muscle actions, gaseous exchange, cardiac cycle, lung volumes, health and fitness, classification of skill, guidance and feedback. You could use this time to work hard to secure your understanding of these topic areas and use the following resources to practice and test your understanding.

Seneca Learning - Sign up for free as a student, search for 'Physical Education: AQA GCSE' and use the resources available to test your understanding

Past exam questions - Click on the link and practice past exam questions, the mark schemes are provided at the end to check your answers.

Knowledge Topics – Fitness Training and Programming for Health, Sport and Well-Being

This task allows you to explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

Click on the link below which will take you to an example of a case study often studied.

For this task you can use the internet and whatever other resources you can find/have available to you to help you complete Part B

<https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/2016/External-assessments/Unit-2-Fitness-Training-and-Programming-for-Health-Sport-and-Wellbeing-Part-B.pdf>

It would be beneficial to be familiar with more technical vocabulary. Here you will find the type of terminology you need to become familiar with for this task. There are four online presentations to help you. See links below.

1. <https://docs.google.com/presentation/d/1dywwUAFWHad4RRcj8U2jBe-IVOSkzXDDXpCSySVnUp4/edit#slide=id.p1>
2. <https://docs.google.com/presentation/d/1J6RL3mAkcxrNPDqzbzYRSweEFLf6Gnv409r0tbsoOA/edit#slide=id.p1>
3. https://docs.google.com/presentation/d/1yjB-LUj-ABPZsu0pbTSuCW9KY_v9TQQObh4vBdPZihY/edit#slide=id.p1
4. https://docs.google.com/presentation/d/14RmwTHheSUAGWYVDC7jLFOHMQKe6_79QXOsIQ_G2az4/edit#slide=id.p1



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Additional suggested viewing:

In PE and Sports, a number of current issues in sport such as the development of sport (influence of the public schools, emergence of athleticism), leadership and deviance (hooliganism, drugs) are covered in depth. You may wish to watch some sports films while you have some time to do so. See below for some suggestions available online:

1 Tom Brown's Schooldays (2005 version with Stephen Fry)

<https://www.youtube.com/watch?v=s1MK7YEP-kY>

2 Chariots of Fire

<https://www.youtube.com/watch?v=Fi6JXOZT55E&list=PLsrT1KM3vZmRp3E91H2X8cligeFHHEwSZ>

3 Kes (Football match)

<https://www.youtube.com/watch?v=9nDHupVqVw>

4 The English Game - History of professionalism (Netflix)

5 'Catch me if you can' - BBC Panorama investigation into drugs in sport.