

## **BTEC Level 3 Extended Certificate in Sport (Year 12)**

### **Summer Independent Learning 2025**

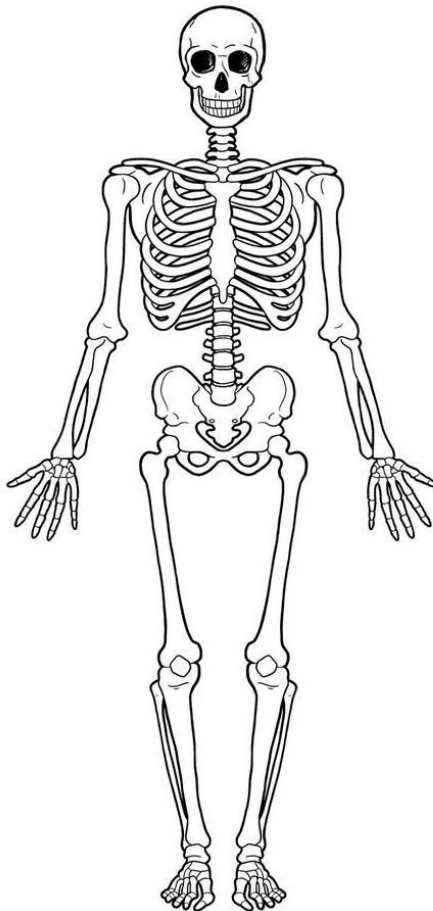
#### **Preview section**

This links into the topics you will be looking at in September.

- This work is linked to
  - Unit 1 - Anatomy and Physiology
  - Unit 2 - Fitness Training and Programming for Health, Sport and Well-being

#### **Task 1**

- **Label all the major bones** - cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column, femur, patella, tibia, fibula, tarsals, metatarsals.



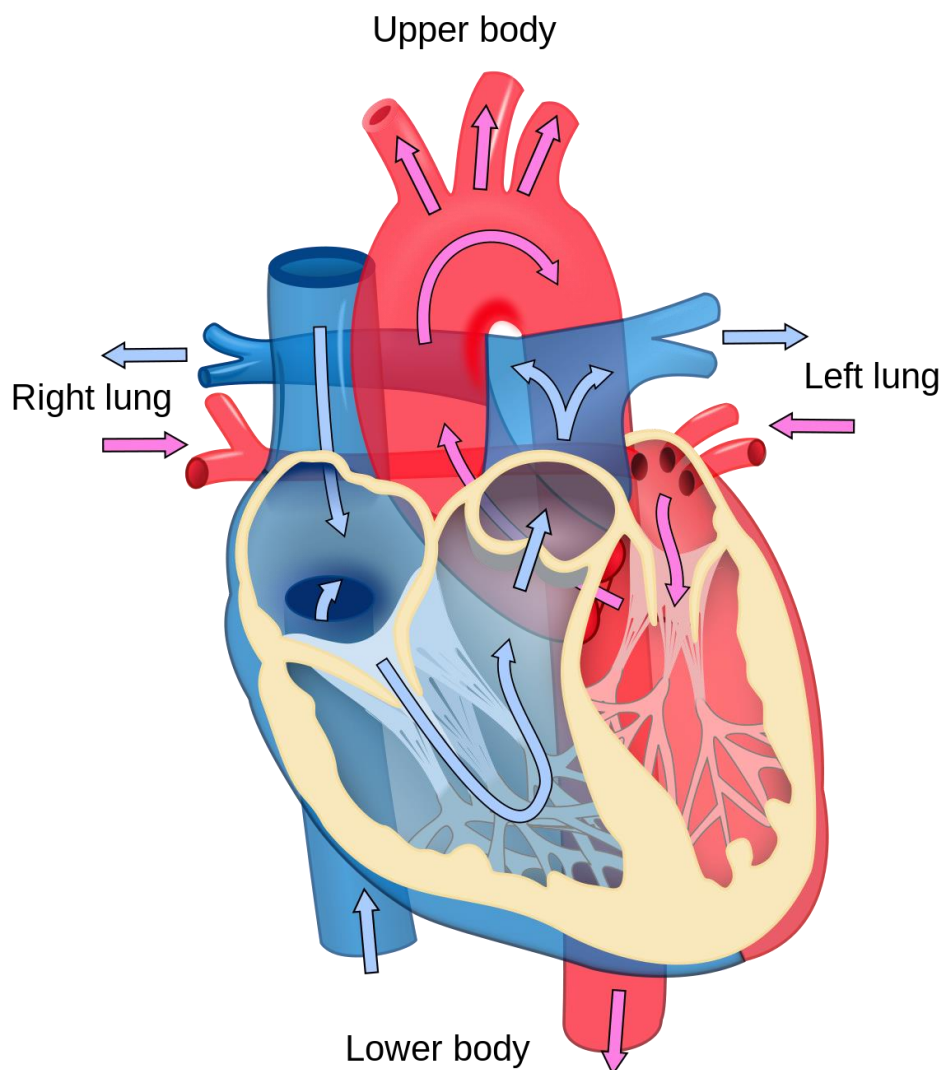
## Task 2

- **Label all the major muscles** - Deltoids, biceps, triceps, wrist flexors, wrist extensors, supinators and pronators, pectorals, abdominals, obliques, quadriceps, hip flexors, tibialis anterior, erector spinae, trapezius, latissimus dorsi, gluteals, hamstrings, gastrocnemius, soleus.



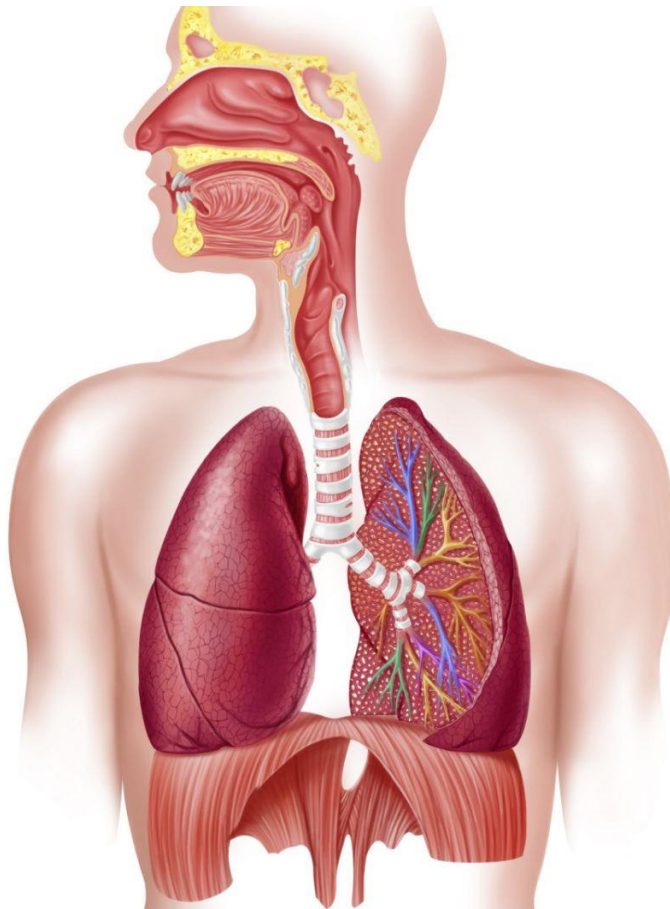
### Task 3

- **Label the heart** - atria, ventricles, bicuspid valve, tricuspid valve, semi-lunar valves, septum, major blood vessels (aorta, vena cava, pulmonary artery, pulmonary vein), coronary arteries



### Task 4

- **Label the respiratory system** - nasal cavity, epiglottis, pharynx, larynx, trachea, bronchus, bronchioles, lungs, alveoli, diaphragm



### **Expanding your subject knowledge section**

This section is designed to develop your understanding of a sporting context and recent contextualisation in Sport and Leisure settings.

Choose 1 Option from the lists below and write a report (minimum 1 xA4) which;

Describes an overview of the Video/Book

Explains the relationship between the video/book and your BTEC Sport Course

Analyses the video/book and discuss your opinion and conclusion

Tick the boxes of the ones you are completing. Feel free to watch as many as you want if you have time

## LEVEL 3 BTEC SPORT

### DEVELOP YOUR KNOWLEDGE OF SPORTING CONTEXT IN PREPARATION FOR YEAR 2 OF YOUR COURSE



#### Books to Read

The English Game (Sport and Society)		
Unstoppable (Sport Psychology)		
Icarus (Drugs/Performance)		
Stop at Nothing (Doping in Sport)		
Coach Carter (Sport Psychology)		
The Game Changers (Diet and Nutrition)		
Supersize Me (Diet and Nutrition)		
Blindside (American Football)		
Last Chance U (American Football)		
The Last Dance (Michael Jordan)		
Losers (Adversity in Sport)		
Moneyball		
Formula 1 Drive to Survive		

All or Nothing Manchester City		Subscribe to the Body Coach (Joe Wicks) (Types of Training/Nutrition)
All or Nothing New Zealand All Blacks		Kobe Bryant Black Mamba Doc
This is Football		Being Serena Series
4 Minute Mile		"Is Professionalism Killing Sport" BBC Documentary
The Program (Lance Armstrong)		The Psychology of a Winner 2020 Documentary
Andy Murray-Resurfacing (Injury/Rehabilitation)		Trent Alexander Arnold Living the Dream
Dan Carter - Perfect 10		Tyson Fury Road to Redemption
The Unknown Runner		Crossing The Line Australian Cricket
The Race to Dope (Doping System in Sport)		Jurgen Klopp Journey to Top
Muscle and Medals		Strive for Greatness Lebron James

Keep up to date with all the latest news in the world of sport, there is always something happening that links to the course.....

Shoe Dog - Phil Knight  
History/Story of Nike

Bounce - Matthew Syed  
Neuroscience/Psychology

Black box thinking  
Matthew Syed  
Psychology

Unbeatable - Jessica  
Ennis

No Limits - Michael Phelps

My Time- Bradley Wiggins

Between the lines -  
Victoria Pendleton

Legacy - James Kerr  
All Blacks (New Zealand Rugby)

The Secret Race -Tyler  
Hamilton and Daniel Coyle  
Drugs/Energy Systems/Deviance

## Expanding your subject knowledge Learning Log

Record here any additional reading/viewing you are undertaking in order to show what you have been completing in order to prepare you for the course. Use the reading list on the previous slides you have been given for guidance on what you could you watch/read.

[illegible]