

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

## Summer Independent Learning 2026

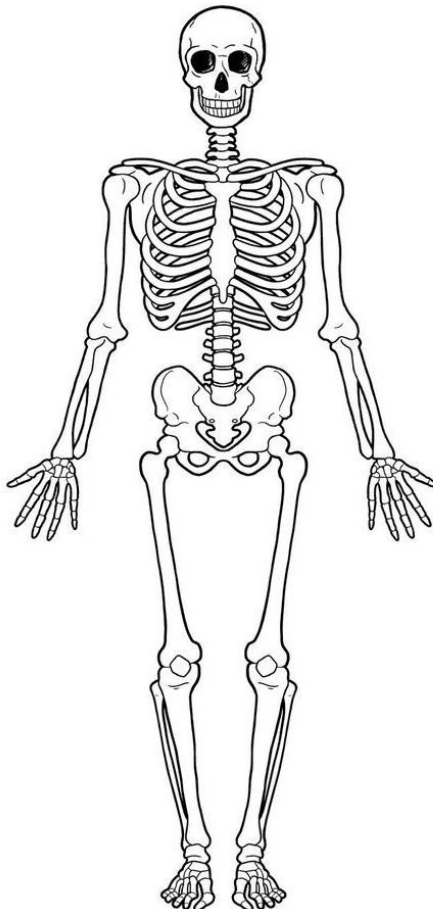
### Preview section

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.



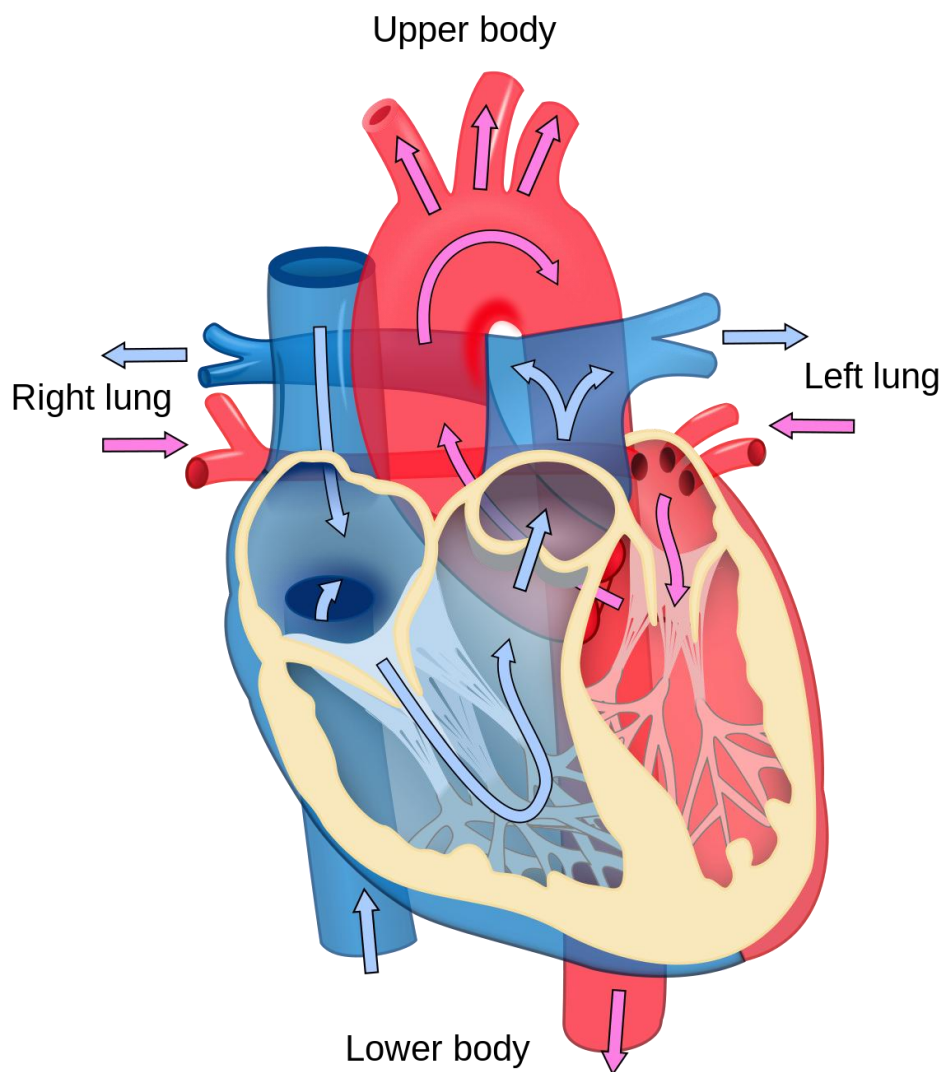
## Task 2

- **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.



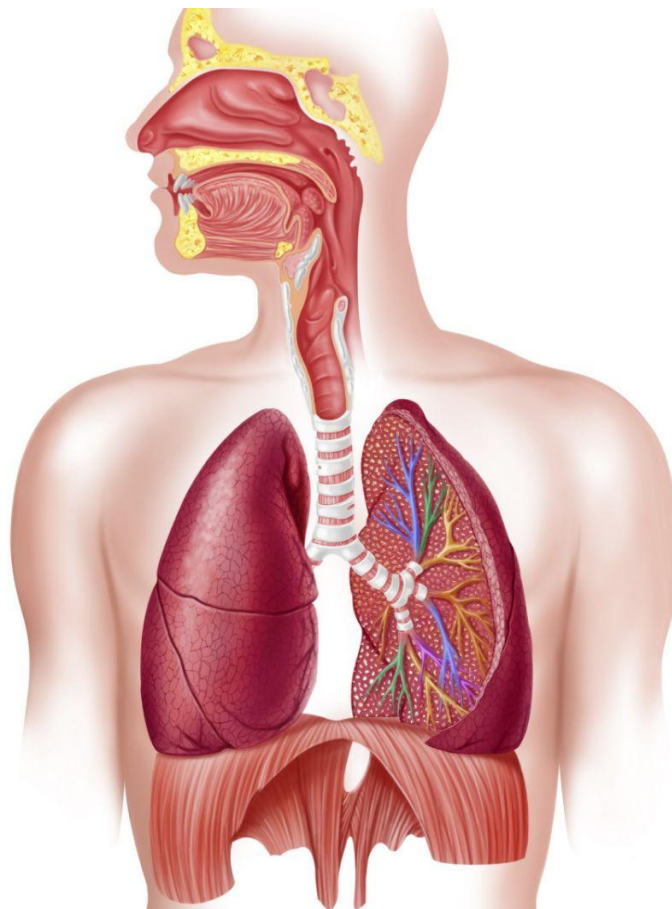
### Task 3

- **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

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

<i>All or Nothing</i> Manchester City	
<i>All or Nothing</i> New Zealand All Blacks	
<i>This is Football</i>	
<i>4 Minute Mile</i>	
<i>The Program</i> (Lance Armstrong)	
<i>Andy Murray - Resurfacing</i> (Injury/Rehabilitation)	
<i>Dan Carter - Perfect 10</i>	
<i>The Unknown Runner</i>	
<i>The Race to Dope</i> (Doping System in Sport)	
<i>Muscle and Medals</i>	

<i>Subscribe to the Body Coach</i> (Joe Wicks) (Types of Training/Nutrition)	
<i>Kobe Bryant</i> <i>Black Mamba Doc</i>	
<i>Being Serena</i> <i>Series</i>	
<i>"Is Professionalism Killing Sport"</i> BBC Documentary	
<i>The Psychology of a Winner 2020</i> Documentary	
<i>Trent Alexander Arnold</i> <i>Living the Dream</i>	
<i>Tyson Fury</i> <i>Road to Redemption</i>	
<i>Crossing The Line</i> Australian Cricket	
<i>Jurgen Klopp</i> <i>Journey to Top</i>	
<i>Strive for Greatness</i> 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 Coyte*  
*Drugs/Energy Systems/Deviance*

