

BTEC Level 3 Extended Diploma in Sport (Year 12)

Summer Independent Learning 2026

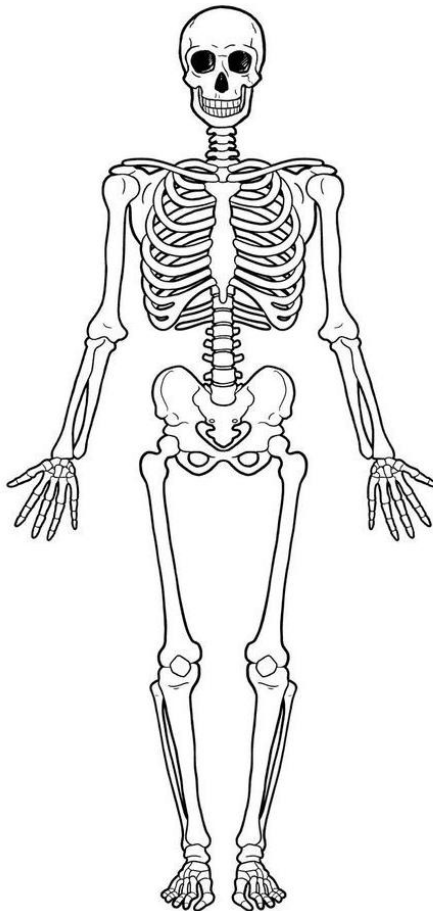
Preview section

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.



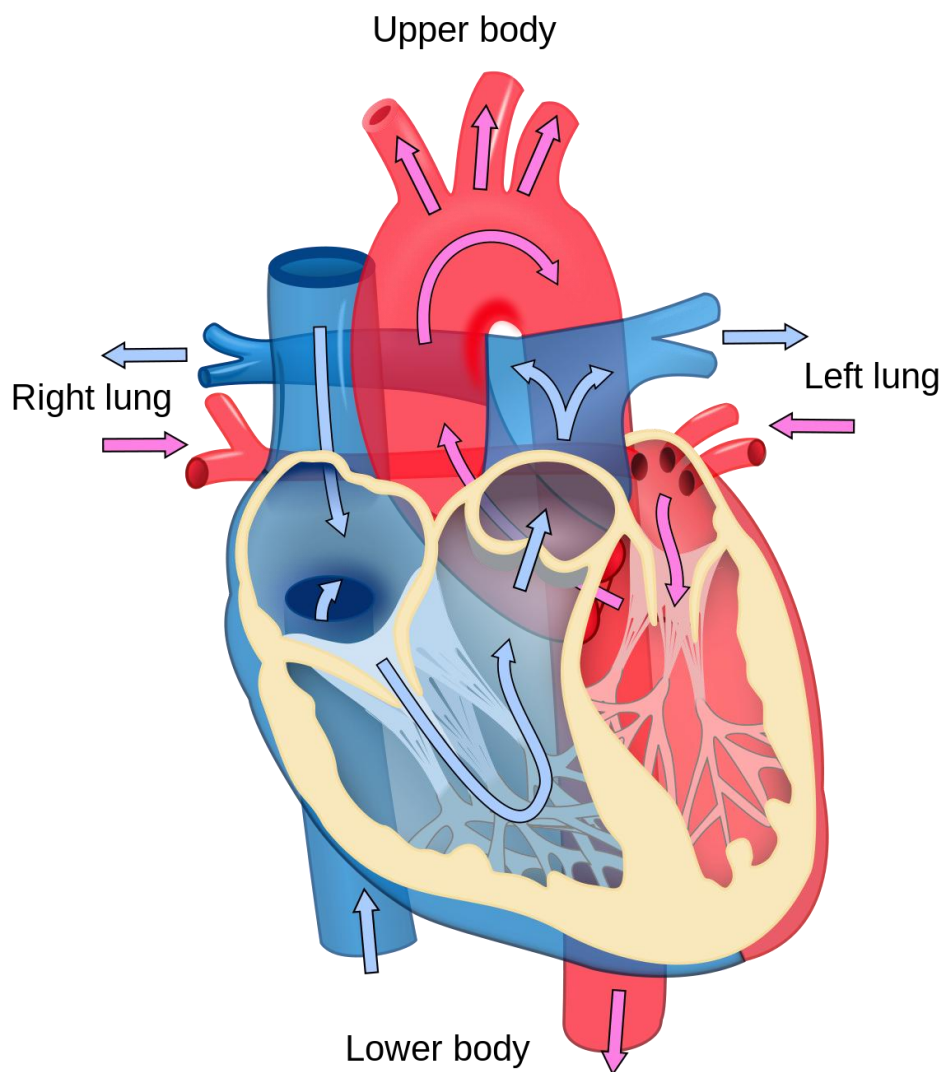
Task 2

- **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.



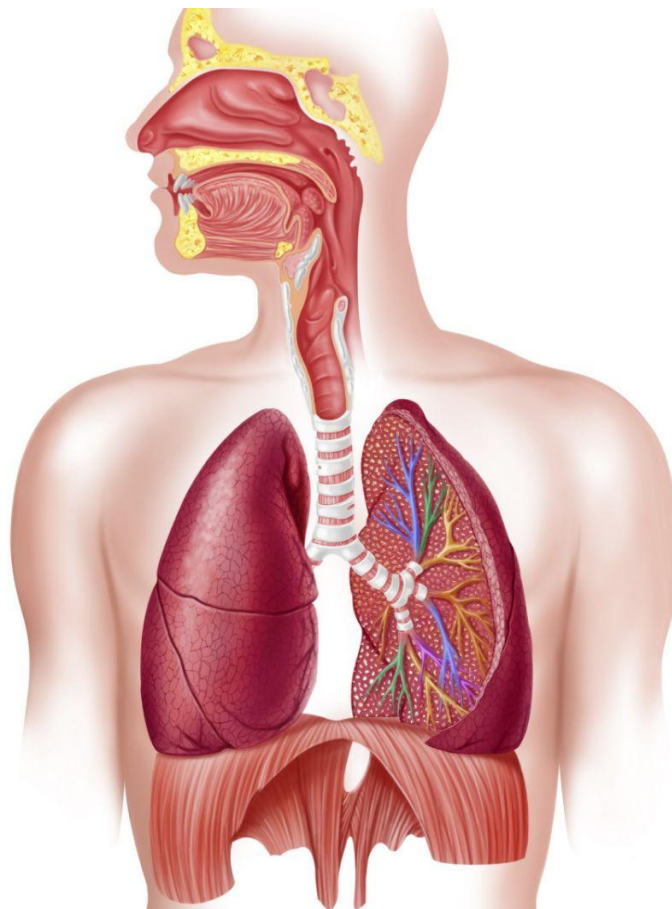
Task 3

- **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



Task 5

Complete the table below

Lifestyle Factor	Recommended guideline
Physical Activity	
Alcohol	

Smoking	
Sleep	
Diet	Describe the Eat Well Guide -

Macronutrient	How much a day should you have?	Why do we need it?	What foods do we get it from?
Protein			
Carbohydrate			
Fat			

Task 6

Complete the table below

<u>Type of Training</u>	<u>Description</u>
Continuous training	
Circuit training	
Interval training	

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

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

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

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

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.

