



# The Gryphon School

## Sixth Form

### ***BTEC Sport Handbook***



*"Thought needs to be given now to how we can get people up out of their armchairs and into the courts, pitches and pools which the Olympics will leave and which already exist across the country. We need a plan for a legacy of participation and we need it before the sites are built, not as an afterthought."*

**Sebastian Coe**

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## How the course is assessed:

- The course is made up of different units; some will be assessed by your teacher via the assignment work that you produce, the remainder in a written exam and a moderation tasks set directly by Edexcel.
- Each of the units shown below is made up of up to 3 assignments.
- Each assignment and therefore unit is graded Pass, Merit or Distinction
- These add together to provide a final grading of Pass, Merit or Distinction.
- Please note there is only ONE submission allowed of each assignment (new as of 2014), with one resubmission allowed to make improvements
- More details of this new assessment policy will be explained to you in your first lesson.

## Course Outline:

- All students will study 4 Units of the Level 3 Extended Certificate in Sport.
- Some of the Units are assessed externally by the exam board whilst others are assessed internally by The Gryphon School staff

| <b><i>Level 3 National Extended Certificate in Sport *</i></b>                  | <b><i>Type</i></b>                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Unit 1: Anatomy and Physiology</b>                                           | <ul style="list-style-type: none"><li>• Written examination set and marked by Edexcel.</li><li>• 1.5 hours.</li><li>• 90 marks.</li></ul>                                                                                                                                                                                                                                                                                                                                        |
| <b>Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing</b> | <ul style="list-style-type: none"><li>• A task set and marked by Edexcel and completed under supervised conditions.</li><li>• In part A, learners will be provided with a case study one week before a supervised assessment period in order to carry out research. This allocated time is 4 hours.</li><li>• In part B, the supervised assessment period is two and a half hours in a period timetabled by Edexcel.</li><li>• Written submission.</li><li>• 60 marks.</li></ul> |
| <b>Unit 3: Professional Development in the Sports Industry</b>                  | <ul style="list-style-type: none"><li>• Learners explore the knowledge and skills required for different career pathways in the sports industry. Learners will take part in, and reflect on, a personal skills audit, career action plan and practical interview assessment activities.</li><li>• Assessment for this unit will take place in the form of assignments which must be completed in order to pass the unit.</li></ul>                                               |
| <b>Unit 4: Sports Leadership</b>                                                | <ul style="list-style-type: none"><li>• Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles</li><li>• Assessment for this unit will take place in the form of assignments which must be completed in order to pass the unit.</li></ul>                                                                                                                 |

\*The final selection of the topics for each unit is subject to change each year.

## **Copy of the Specification or a link to it:**

<http://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html>

## **Access to resources:**

All of the material for the course is available on the Gryphon School iLearn and Team's pages which can be found on the School Intranet. This will be located within Mrs. Gritt's and Mr. Fineman's iLearn and Teams pages under the relevant tabs.

## **How the course is delivered:**

- The course is a mixture of practical (approx. 25%) and theory (approx. 75%)
- The theory based work is often independently driven by the student in response to the demands of the assignment.
- Staff provide direction to background reading and resources, guidance on assignment structure and feedback on the quality of work produced.

## **Departmental expectations:**

- 100% Attendance and participation in all theory and practical lessons
- Bring correct equipment to all theory lessons and ensure you bring kit to practical lessons.
- Meet all deadlines set
- Work hard and do not prevent others from doing likewise.

## **Area for recording target grades & modules etc:**

All grades are recorded onto a central spreadsheet, which is in student resources and is updated each time a student passes a unit.

# A summer holiday key skills task:

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## Task 1:

You have been asked to work with a magazine editorial team who are writing an article for a Youth Sport magazine that is investigating what opportunities are available for young people to take part in sport in Sherborne and the surrounding areas.

Your role as part of this team is to write down;

1. Identify a job that you would be interested in doing in relation to sport e.g. Coaching, PE teacher, Dance Instructor, Physiotherapist, Media reporter, Sports Development officer, NGB officer etc. Tell us:
    - Why you would like to do this job?
    - Why you think you would be suitable and successful in this job?
    - What would you need to do in the next 5 years to start your journey into this career (you will need to research this)?
  2. Record the activities that you take part in and which clubs you are part of e.g. Swimming – Sherborne Girls School.
  3. Record the dates and times that you exercise for the whole duration of the summer holiday and create a log book of your sporting activity:  
e.g. 03/08 – Football – 1 hours training  
05/08 – Running – 30 mins
  4. Summarise how much sporting activity you do?  
Are you exercising for 30 minutes, 5 days a week? This is the recommendation for a healthy and active lifestyle.
  5. Do you find there are barriers preventing you from taking part in exercise?  
These could be:
    - Lack of opportunity? (facilities in your area)
    - Lack of personal resources (time, money)
    - Peer Pressure?
    - Self-Discrimination (you feel you won't fit in?)
  6. Now write a brief 'biography' of your personal sporting history e.g. I started playing football when I was 6...
- To be handed in on the first lesson – think about your presentation (colour, pictures, photos) and structure of how you are going to write down each section?

This should take you approximately 5 hours to record all of the information and write it up.

**Please bring your completed work to your first lesson in September.**

## **Task 2.**

**Online free courses. Choose one or more of the following online courses to complete.**

### **1. Exercise Physiology –**

Learn about the physiological responses to acute and chronic exercise and their relevance for athletic performance.

<https://www.my-mooc.com/en/mooc/exphys/>

### **2. Nutrition and exercise –**

You will learn about the following; What are the basic concepts in exercise physiology and sport nutrition science? How is exercise being fueled for the different types of sports like; power sports, sprinting and endurance exercise? And how does protein support skeletal muscle mass and performance? In this course you will learn to estimate energy needs and understand thermoregulation and fluid balance. You will learn about the role of micronutrients and supplements in exercise performance. Moreover, you will be introduced to some health issues related to doing exercise

<https://www.my-mooc.com/en/mooc/nutrition-exercise-and-sports/>

If you have any questions please contact Mr Cummings on

[alan.cummings@gryphon.dorset.sch.uk](mailto:alan.cummings@gryphon.dorset.sch.uk)



We look forward to meeting you in September!