

BRIDGING WORK

BTEC Level 3 National Extended Certificate in Sport



TASK

Unit 1 – Anatomy and Physiology Project

Using a method of your choice create a project and 5-minute presentation on one of the following subject areas:

- Structure and function of the skeletal system
- Structure and function of the muscular system
- Structure and function of the cardiovascular system
- Structure and function of the respiratory system
- Structure and function of the energy systems

There will be a prize for the most detailed and creative project and best delivered presentation.

Supporting websites:

[How to present](#)

[Skeletal System](#)

[Muscular System](#)

[Cardiovascular System](#)

[Respiratory System](#)

[Energy System](#)

[Anatomy and Physiology](#) – TopEnd Sports

[Anatomy and Physiology](#) – Brain Mac

OVERVIEW

Exam Units:

Unit 1: Anatomy and Physiology

Unit 2: Fitness Training and Programming for Health, Sport and Well-being.

Coursework Units:

Unit 3: Professional Development in the Sports and Active Leisure Industry

Unit 7: Practical Sports Performance

Materials Required:

Large A4 ring binder, plastic ring binder sleeves, ring binder dividers, black pen, highlighters.

Text Books & Revision guides: [BTEC Nationals | Sport \(2016\)](#) | [Pearson qualifications](#)

Career Pathways

Sports Scientist - Sports Analysis - Sports Coaching - PE Teaching - Sports Apprenticeships, Events Manager - Fitness Instructor – PT - Sports Referee - Leisure Centre Assistant/ Manager - Sport Psychologist - Sports Commentator - Sports Development Officer

25% of university students studied a BTEC National

Due: First lesson in September 2021