



BTEC Sport and Exercise Science Level 3

Transition from Level 2 Study

What will you study?

- On the course you will study 13 of the following 15 units.
- All those marked with an M we have to study, those with an O you can choose 6 of the 8 units

Unit (number and title)	Unit size (GLH)	Extended Diploma (1080 GLH)
1 Sport and Exercise Physiology	120	M
2 Functional Anatomy	90	M
3 Applied Sport and Exercise Psychology	120	M
4 Field and Laboratory-based Fitness Testing	90	M
5 Applied Research Methods in Sport and Exercise Science	90	M
6 Coaching for Performance and Fitness	90	M
7 Biomechanics in Sport and Exercise Science	60	O
8 Specialised Fitness Training	60	O
9 Research Project in Sport and Exercise Science	60	O
10 Physical Activity for Individual and Group-based Exercise	60	O
11 Sports Massage	60	O
12 Sociocultural Issues in Sport and Exercise	60	O
13 Nutrition for Sport and Exercise Performance	120	M
14 Technology in Sport and Exercise Science	60	O
15 Sports Injury and Assessment	60	O

Bridging Work

- To prepare you for study on the level 3 course the PE department are asking you to complete 3 tasks over 3 different units.
- This will give you a taste of what to expect next year and also give you chance to try and understand the key skills required for study at level 3

1677

Task 1: Technology in Sport and Exercise Science



Task 1: Technology in Sport and Exercise Science

- On the previous slide are 2 very contrasting pictures of cricket batsman, one from the modern day and one from the early 20th Century
- **Pass** – Describe the differences between the 2 pictures, identify any similarities and any differences.
- **Merit** – Using your own knowledge or completed research explain how the changes in equipment in the 2 pictures have changed cricket and the way it is played in the modern day.
- **Distinction** – Research another sport of your choosing where the introduction of technology has changed the sport. Compare the changes in this sport to those in cricket and how these changes have impacted the way the sport is played.

Task 2: Applied Sport Psychology

- Watch the following video and make some notes around “choking” in sport, this will form the basis of the following questions:
- <https://www.youtube.com/watch?v=8zkTpOsDZ3I>

Task 2: Applied Sport Psychology

- Using the notes from the video you watched complete the following tasks
- **Pass** – What is “choking” and how does it effect sports people?
- **Merit** – Using your own research identify methods sports people can use to overcome “choking” to ensure they still perform at their best.
- **Distinction** – Find 2 other situations where a sports person has “choked”. Compare and contrast all 3 of the situations finding key similarities and differences between the situations. Explain how those athletes overcame their difficulties and if they were able to find success again how did this happen?

Task 3: Coaching for Performance and Fitness

- <https://www.youtube.com/watch?v=OmgoPhdTYZk> (Eddie Howe coaching Bournemouth)
- <https://www.youtube.com/watch?v=LATZLJ2NiAA> (Junior Football Coach)
- Watch the 2 video clips above, pay attention to the way the coaches talk to the players and start to think about how the approaches are different for the type of settings the coaches are working in

Task 3: Coaching for Performance and Fitness

- Using the notes from the videos you just watched complete the following tasks:
- **Pass** – What are the key differences between the 2 videos, how have the coaches changed their approach for each situation?
- **Merit** – Why do the two different settings require different approaches by the coaches. Why could the style of Eddie Howe not be transferred to the junior training session?
- **Distinction** – After watching the 2 videos how does seeing them make you feel about your coaching. Reflect on the last time you coached or were coached and what you could take from the videos to improve the session you were involved in.