

The background features a dark grey/black field with a light blue diagonal stripe and several thin white lines crossing from the top right towards the center. The text is centered in the upper half of the image.

BTEC SPORT LEVEL 3

➤ **2 YEARS**

➤ **4 HOURS PER WEEK**

Aspiration - Independence - Resilience - Respect

What to expect

- Reading will be given every lesson (make sure you have the BTEC sport textbook)
- Take notes
- Meet deadlines
- Ask questions
- A lot of Independent study
- Homework will be set weekly

Course Content

- 1. Anatomy and physiology
- 1. Fitness Training and Programming for health, sport and well-being
- 1. Professional development in the sports industry
- 1. Sports leadership

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YEAR 12 – EXTERNAL EXAM UNITS

- **UNIT 1 – ANATOMY AND PHYSIOLOGY**
- **UNIT 2 – FITNESS TESTING AND PROGRAMMING**
= 67% OF YOUR FINAL GRADE
CAN BE RETAKEN IN YEAR 13

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YEAR 13 – COURSEWORK UNITS

- **UNIT 3 – PROFESSIONAL DEVELOPMENT IN THE SPORTS INDUSTRY**

- **UNIT 4 – SPORTS LEADERSHIP**

= 33% OF YOUR FINAL GRADE

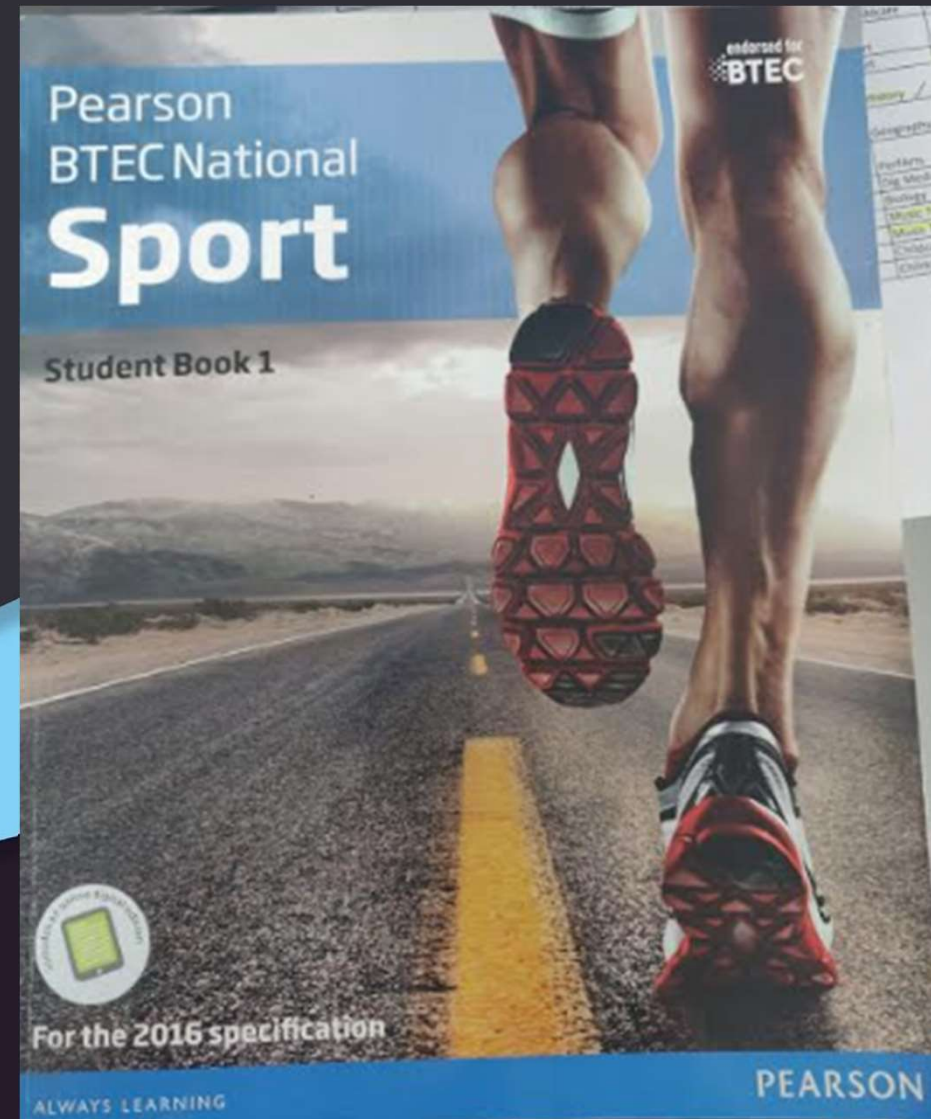
UNITS 1 AND 2 CAN ALSO BE RETAKEN

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REQUIRED GRADES

- **DISTINCTION IN NCFE HEALTH AND FITNESS**
 - **5 AT GCSE PE**
- **SCIENCE AND ENGLISH ARE ALSO IMPORTANT**

Most importantly is hitting deadlines. We have exams throughout the year in January or May so you need to be constantly working towards them.



About the unit

This unit allows learners to explore client screening, lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and wellbeing.

The health and fitness industry is central in supporting clients to increase their fitness levels and adopt a healthy lifestyle, which fully supports the relevance of this unit's content.

The knowledge gained within this unit will allow learners to support individuals in the industry.

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Unit 2 assessment

- This unit is exam based
- You will have upto three attempts first attempt will be in January
- The exam is 2 hours and 30 minutes long
- You will be given a case study on an individual
- Based on that information you will need to give them advice on how to improve their lifestyle through different mediums
- You will be given an overview of the client 2-4 weeks prior to the exam
- This will help inform your notes that you can take into the exam
- You can have 2 double sided A4 sheets of paper full of notes

Unit 2 topics

1. Positive and negative lifestyle factors
2. Modification techniques for lifestyle factors
3. Nutrition
4. Training methods
5. Creating a training program
6. Principles of training

Unit survival kit

- Google Classroom
- BTEC Sport textbook ([BTEC Nationals Sport Student Book 1 + Activebook: For the 2016 specifications \(BTEC Nationals Sport 2016\): Amazon.co.uk: Gledhill, Adam, Taylor, Richard, Sutton, Louise, Fleet, Matthew, Manley, Chris, Sergison, Alex, Lydon, Chris: 9781292134000: Books](#))
- Teacher's email (smoon@ormistonriversacademy.co.uk)
- Read past papers/examiners reports

Helpful Website

www.acsm.org – American College of Sports Medicine – health, fitness and nutrition articles

www.bbc.co.uk – BBC – healthy living

www.bhf.org.uk – British Heart Foundation – health, lifestyle, nutrition, hydration, heart disease, exercise, food labelling, questionnaires, smoking

www.brianmac.co.uk – BrianMac – sports drinks, fitness testing, training, programming

www.bupa.co.uk – BUPA – benefits of exercise, children and exercise www.doh.gov.uk – Department of Health – obesity, healthy eating, initiatives, factsheets for government recommendations for physical activity (various age groups)

www.drinkaware.co.uk – Drinkaware – health effects and issues, facts, seven day calculator

www.food4life.org.uk – Food4life – eatwell plate, food groups

www.livestrong.com – Livestrong – effects of poor nutrition

www.macmillan.org.uk – Macmillan – benefits of exercise, maintaining a healthy lifestyle and getting active

www.nhs.uk – NHS – physical activity guidelines for all ages, health benefits, activity levels, sedentary lifestyles and strategies, balanced diet, eatwell plate, smoking

www.nhs.uk/change4life – Change4Life – eat well, balanced diet, alcohol, strategies

www.topendsports.com – Topend Sports – a range of resources on fitness testing, fitness training and nutrition

www.who.int – The World Health Organization – health topics

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Part B

Lifestyle questionnaire

Section 1: Personal details

Name: Christine Timms
Address: 32 The Avenue
 Smalltown
 The City
Home telephone: 01234 667455
Mobile telephone: 07153 644888
Email: timms09@email.com
Age: 48

Please answer the following questions.

Occupation

1. What is your occupation?
A personal assistant
2. How many hours do you work each day?
9 hours per day
3. How far do you live from your work?
2.5 miles
4. How do you travel to work?
Car
5. How active would you say your job was?
Not very active

Section 2: Activity levels

1. How many times a week do you take part in physical activity?
None
2. What type of activity/exercise do you mainly take part in?
N/A

Section 3: Nutritional status

1. Complete the food diary for the previous two days.

Day 1	Breakfast	Lunch	Dinner	Snacks
Y/N	N	Y	Y	Y
Time of day	6 am	1 pm	9.30 pm	Variable times throughout the day
Food intake	Nothing	Mixed salad 1 piece of fruit	Chicken and vegetables	1 x yoghurt 1 x chocolate bar
Fluid intake	5 x cups of coffee, half a bottle of wine			

Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	N	Y	Y	Y
Time of day	6 am	1 pm	10 pm	Variable times throughout the day
Food intake	Nothing	Vegetable soup	Work event buffet 2 small sandwiches, small portion of crisps	1 piece of fruit Carrot sticks
Fluid intake	5 x cups of coffee, 1 x bottle of wine			

2. Do you take any supplements?
 If yes, which ones? **No**

Section 4: Your lifestyle

Please answer the following questions.

1. How many units of alcohol do you usually drink in a week? **25**
2. Do you smoke? **No** If yes, how many cigarettes a day? **N/A**
3. Do you experience stress on a daily basis? **Yes**
If yes, what causes you stress (if you know)?

Increasing workload and changes in personal life

4. On average, how many hours sleep do you get per night? **5**

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	120/80 mmHg
Resting heart rate	85 bpm
Body mass index	16.5
Waist-to-hip ratio	0.70
Weight	47.7 kg
Height	1.7 m

Section 6: Physical activity/Sporting goals

What are your physical activity/sporting goals?

To improve my general fitness levels for health and wellbeing.

Taskbook

Please do not write answers outside the spaces provided.

You must complete all activities in this taskbook.

- 1 Interpret the lifestyle factors and screening information for Christine Timms.

(12)

- 2 Provide and justify lifestyle modification techniques for Christine Timms.

(12)

CLIENT DECLARATION

I have understood and answered all of the above questions honestly.

Signed client: C. Timms Print name: Christine Timms

Date: 22/5/18