



Post-16 Summer Work - BTEC Sport Level 3

1. Label the bones of the skeleton onto the diagram you have been given.
2. Describe a sporting example for the 3 functions of the skeletal system you have been given.
3. Label the muscles onto the diagram you have been given.
4. You have been given 3 types of muscular contraction. Research and describe, with a sporting example, what these 3 types of contraction would look like.
5. Label the key-terms of the respiratory system onto the diagram you have been given.
6. Describe the journey of air through the respiratory system from the nasal cavity to the alveoli.
7. Label the key terms of the cardiovascular system onto the diagram you have been given.
8. You have been given 5 functions of the cardiovascular system. For each of these functions, explain how they will help you when taking part in exercise and sports performance.
9. Watch the video through the link you have been given. Answer the 4 questions you have been given within the booklet.
10. Name 3 systems the body uses to resynthesise ATP to provide energy for movement in sport.

Please bring your completed workbooks to our first lesson in September

Reading List

Textbooks

- Pearson BTEC National Sport Student Book 1 (ISBN 978-1-292-13400-0)
- Palastanga, N (2006). Anatomy and Human Movement. Butterworth-Heinemann. (ISBN 9780750688147)
- Sharkey, B.J and Gaskell, S.E (2006). Fitness and Health. Human Kinetics. (ISBN 9780736056144).
- Weinberg R.S and Gould, D (2011). Foundations of Sports and Exercise Psychology (5th ed.). Human Kinetics; New York.

Journals

- British Journal of Sports Medicine Exercise and Sport Sciences Reviews
- International Journal of Sports Science and Coaching
- Medicine and Science in Sports and Exercise
- Research Quarterly for Exercise and Sport

Useful Websites

- British Association of Sport and Exercise Sciences www.bases.org.uk
- UK Sport www.uk-sport.gov.uk
- UK Sports Institute www.uk-sportsinstitute.co.uk
- Sport England www.sportengland.org
- Latest Sporting news www.bbc.co.uk/sport
- Sport Science www.sportsci.org
- Sports Coach UK www.ukcoaching.org
- Top End Sports www.topendsports.com
- Sports and Exercise Testing www.brianmac.co.uk
- Nutrition www.livestrong.com