



Area 1 – Player Development

- 1.1 – Player Profiling
- 1.2 – Goal Setting
- 1.3 – Individual Development Plan
- 1.4 – Leadership in Sport
- 1.5 – Player Welfare
- 1.6 – Extended Project Qualification

Area 2 – Performance and Analysis

- 2.1 – Identify and Develop KPI's
- 2.2 – Performance Profiles
- 2.3 – Performance Report Sheets
- 2.4 – Statistical Analysis

Programme of Study



Area 3 – Training, Coaching and Performance

- 3.1 – S&C sessions – Athletic Development
- 3.2 – Skills Based Training
- 3.3 – Wellness programme
- 3.4 – Coaching and Officiating Awards

Area 4 – BTEC Sport Extended Certificate

(equivalent to 1 A-Level)

- 4.1 – Anatomy and Physiology
- 4.2 – Practical Sports Performance
- 4.3 – Fitness Training and Programming
- 4.4 – Professional Development in the Sports Industry

BTEC Sport Level 3 Extended Certificate

(equivalent to 1 A-Level)

Unit 1 - Anatomy and Physiology

Useful Resources

YOUTUBE CLIPS

Functions of the skeleton <https://www.youtube.com/watch?v=ltFutvTye8c>

Factors affecting the skeletal system <https://www.youtube.com/watch?v=J0QHINPBuyQ>

Types of muscles <https://www.youtube.com/watch?v=YPVnIPeZKT0>

Responses of the skeletal system to exercise <https://www.youtube.com/watch?v=w07r1e6U-54>

Channels

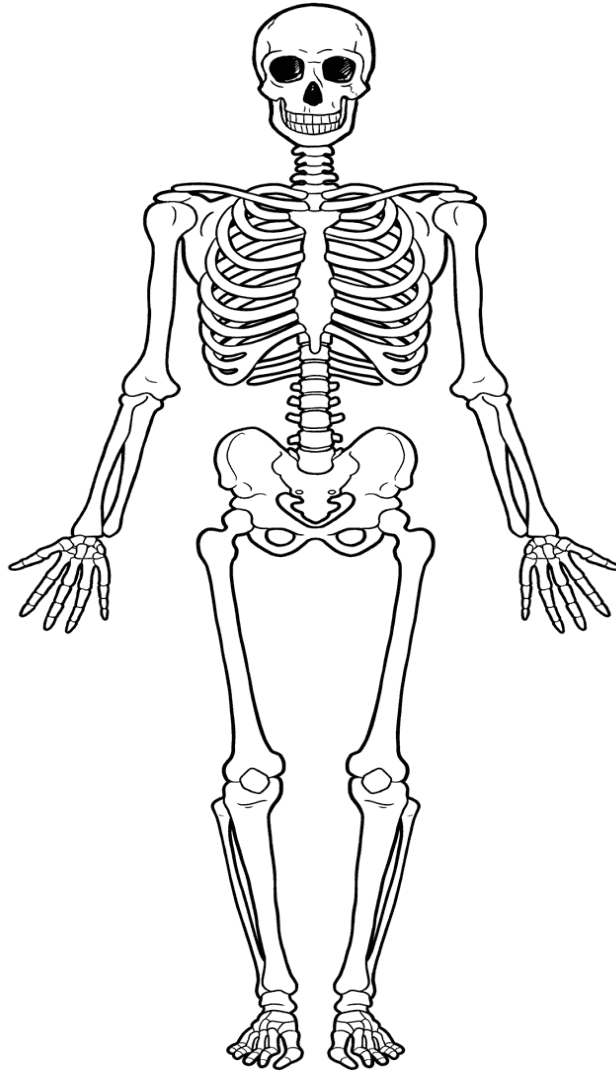
My PE Exam – <https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ>

The PE Tutor - https://www.youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug

James Morris – <https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBlklu3Xw>

TASKS and ACTIVITIES

Label the skeleton - 22 names of bones required





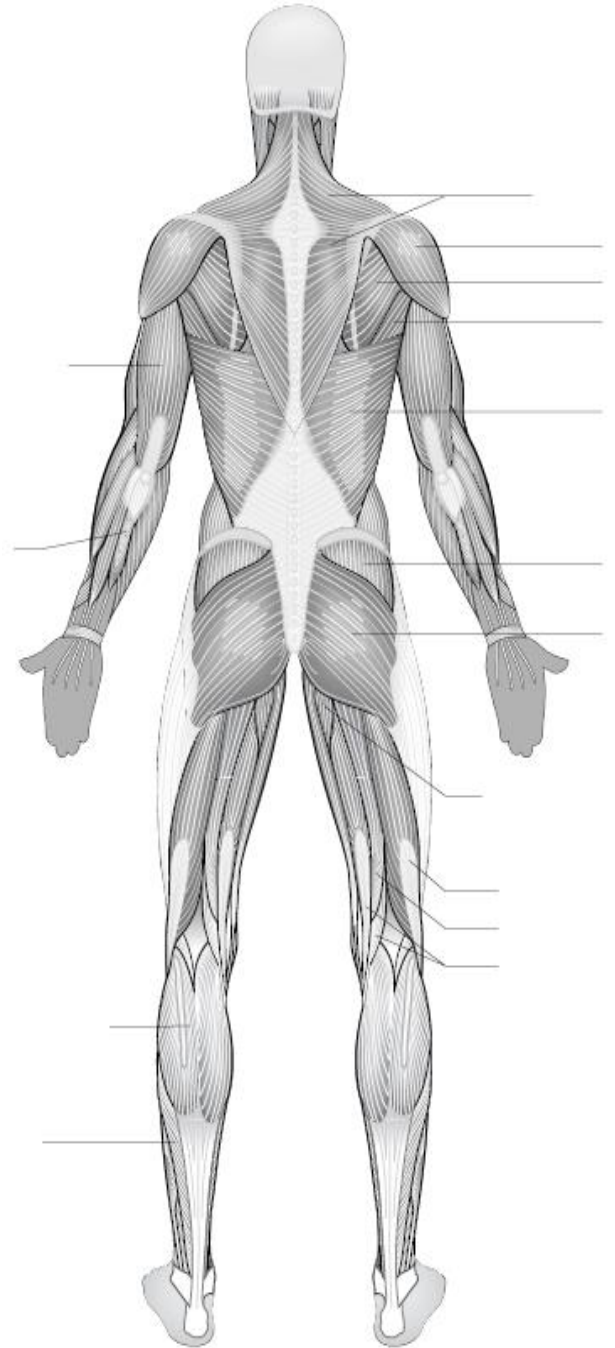
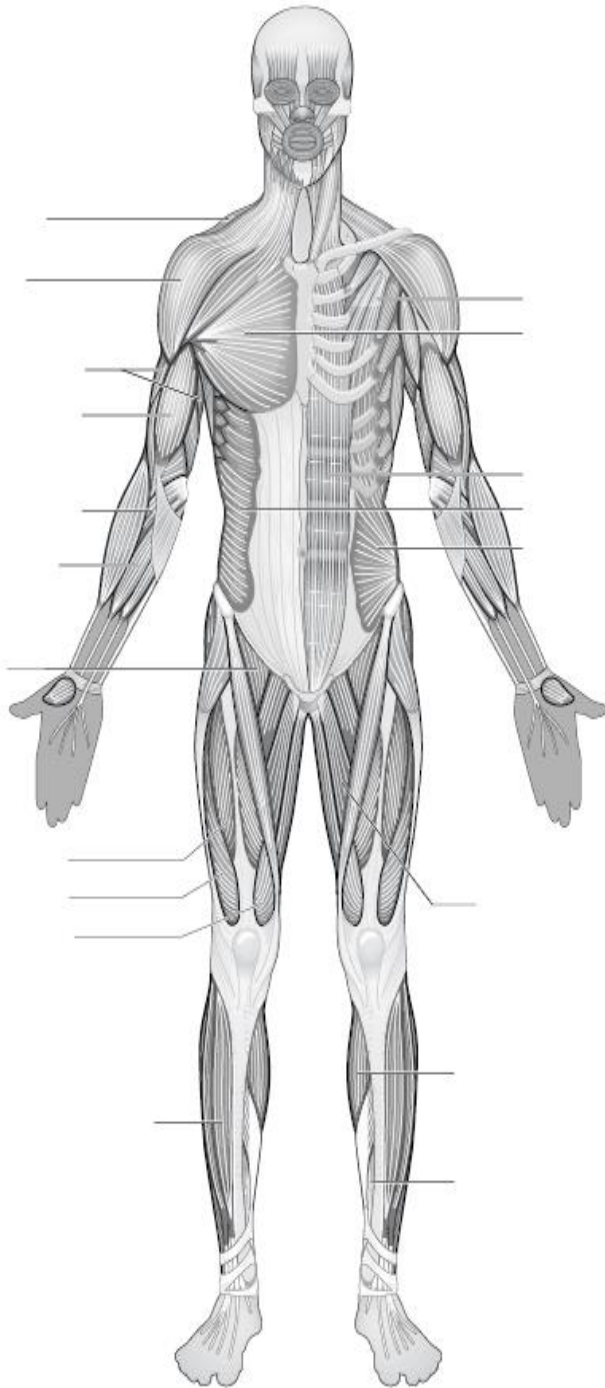
The following key terms are used to describe the location of each bone. Write out the meaning of each key term in the table below.

Term	Meaning
Anterior	
Posterior	
Medial	
Lateral	
Proximal	
Distal	
Superior	
Inferior	

The Heart - Please answer the following short mark questions.

1. The heart, lungs and the connecting vascular system are responsible for sustaining which form of exercise: Aerobic or Anaerobic?
2. What type of muscle is the heart formed of?
3. The heart consists of 2 separate pumps, a right side and a left side, but where do they pump blood to?
4. How many valves are there in the heart and why are they there?
5. Blood in the left atrium is oxygenated / deoxygenated?
6. Blood in the pulmonary vein is oxygenated / deoxygenated?
7. On average at rest, how many times should a healthy heart beat in one minute?
8. What term describes the volume of blood pumped from the heart in a single beat?
9. How do you calculate cardiac output?
10. What components in blood are responsible for carrying oxygen?
11. Name the three different forms of blood vessels.
12. List the 4 key components of blood?

Look at the diagrams below. Can you correctly name the muscles shown?





Define the following key terms relating to skeletal muscles. Complete the table below.

Key Term	Definition
Agonist	
Antagonist	
Synergist	
Isometric Contraction	
Concentric Contraction	
Eccentric Contraction	
Hypertrophy	
DOMS	
Tendon	
Mitochondria	
Cramp	
Glycogen	



Training Programmes

Design 3 different training programmes for the following sports performers:

- Marathon Runner
- Long Jumper
- Shot Putt Thrower

Justify your choices of the key training methods you have applied within the program.

Exam Question Practice

1. Explain how oxygen diffuses from the lungs into the blood and how it is transported to the tissues.

(4 marks)
2. Describe the characteristics of the main muscle fibre type used by sprinters

(4 marks)
3. Name the type of muscle contraction that occurs when kicking a football in a penalty shootout and identify the agonist and antagonist.

(3 marks)
4. Basketball players need good cardiovascular endurance. State two classes of food that are most suitable for players who require cardiovascular endurance and explain why they are needed in their diet.

(3 marks)



Certification and Qualifications

Exploring sport coaching and psychology

(Learning from the Open University)

Course Learning Outcomes

After studying this course, you should be able to:

- outline the influences of, and links between, sport coaching and psychology for those developing their abilities in sport
- describe different aspects of effective coaching and the way in which a coach may influence young people and adults
- compare the psychological characteristics used in sporting careers to those you might need to shape your own future
- reflect on your own sport or fitness behaviours, beliefs and practices and identify useful next steps for further development
- understand and be confident in your ability to study online.

LINK

<https://www.open.edu/openlearn/health-sports-psychology/exploring-sport-coaching-and-psychology/content-section-overview?active-tab=description-tab>



Player Development

Player Development Mat

Players Name		Date		
	Component	Where do you think you are?	Where would you like to get to?	What would your teammates say?
Knowing Yourself	Philosophy and Values			
	Leading			
	Self-Regulation and Improving			
Knowing Others	Motivation and Attitude			
	Relationships			
	Communication			
	Age and Stage			
Training and Performance	Mindset			
	Problem Solving			
	Creating and Innovating			
	Technical and Tactical			
	Training and Learning			

WHAT MAKES A GREAT LEADER?

1.	5.
2.	6.
3.	7.
4.	