

BTEC SPORT

National Extended Diploma

Student Hand Book 2018 / 2020



Student Name:

Teachers Name:

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“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it or work around it” – Michael Jordan

SPORT – Code of Conduct

Code of Conduct

The aim of this contract is to inform you of the sort of behaviour that the PE Department requires from you while you are studying with us. It will help you to understand the high standards of behaviour and attitude towards learning that we have come to expect from our students.

Whilst undertaking the BTEC Extended Diploma in Sport:

I _____ agree to the following-

- To be on time for all lessons.
- To come to class fully prepared (i.e. to bring a pen, folder, paper and any required text books). Electronic tablets or Laptops are recommended.
- To ensure my subject folder is kept up-to-date and tidy.
- Switch off all mobile phones, MP3 players and any other electronic equipment not required before the lesson.
- To show respect for all members in the class and allow them to learn.
- To listen to the teacher when giving instructions.
- To listen to other students and not shout out when partaking in discussions and debates.
- To take responsibility, and not to blame others for my behaviour during lessons.
- To keep noise levels at a suitable level when learning independently.
- To complete all work set to the best of my ability.
- To meet all deadlines set for assignments.
- To leave the classroom tidy for other students.
- To understand that all sugar based sweets and drinks are not permitted in lesson (water is acceptable)

Signed

Print Name

Today's Date

Introduction

First of all, welcome to BTEC Sport and The Open Academy Sixth Form. This is always quite a hectic time for students & staff alike, so if you are feeling a bit lost, don't panic, Sixth Form life will settle down eventually (honest!).

Secondly, thank you for selecting BTEC Sport as an area of study. Whatever the reasons for your choice I hope that you enjoy this course and you gain much knowledge and pleasure from it.

BTEC Sport is a popular choice among students, however, it is not just playing extra sport or a 'kick about' with friends. The course covers almost every aspect of the sporting world today. Most importantly, Sport will allow you to develop your understanding of how the body works, what causes the body to react to various situations and why sport has changed over the years to what we see today. We also look at Sport as a business, leadership of sport and the psychology of sport.

This document contains all the information that you need to know regarding your course. It contains (amongst other things) information on exam boards, curriculum content, and a comprehensive reading list to support your lessons.

Please do keep this document safe, it will be a useful reference booklet in your progression through your course. If you have any questions regarding the course or Sixth Form issues in general we can be contacted during class time or via email.

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The Course



BTEC Sport is intended as an Applied General qualification, equivalent in size to three A Levels. It is a two-year, full-time course that meets entry requirements in its own right for students who want to progress to higher education courses in sport before entering employment.

The course is made up of 14 units of which 10 are mandatory and 4 are external. Mandatory content (78%). External assessment (42%).

The qualification provides the knowledge, understanding and skills that allow students to gain experience of the sport sector that will prepare them for further study or training.

Students will study mandatory units: (Units in *Italics* are external tests)

- ***Unit 1: Anatomy and Physiology***
- ***Unit 2: Fitness Training and Programming for Health, Sport and Well-being***
- Unit 3: Professional Development in the Sports Industry
- Unit 4: Sports Leadership
- Unit 7: Practical Sports Performance
- Unit 8: Coaching for Performance
- Unit 9: Research Methods in Sport
- ***Unit 19: Development and Provision of Sport and Physical Activity***
- ***Unit 22: Investigating Business in the Sport and Active Leisure Industry***
- Unit 23: Skill Acquisition in Sport.

*“Winners never quit and quitter's never win”
Vince Lombardi*

Units to be covered

This course is designed to give a breadth and depth of understanding in order for students to progress either to university or in the wider world of work in the sporting industry. The following units will be covered over the two years with the Extended Certificate being completed in one year. The Extended Certificate (equivalent to 1 A Level) will consist of four units, with the Extended Diploma having 14 to complete. In the table below, the units in Blue indicate the external test, with the orange boxes illustrating all mandatory units, yellow are optional.

Unit (Number and Title)	Unit size (GLH)	Extended Certificate	Extended Diploma
1. Anatomy and Physiology	120	M	M
2. Fitness Training and Programming for Health, Sport and Well-being	120	M	M
3. Professional Development in the Sports Industry	60	M	M
4. Sports Leadership	60	O	M
5. Application of Fitness Testing	60	O	O
6. Sports Psychology	60	O	O
7. Practical Sports Performance	60	O	M
8. Coaching for Performance	60		M
9. Research Methods in Sport	60		M
10. Sports Event Organisation	60		O
19. Development and Provision of Sport and Physical Activity	60		M
22. Investigating Business in Sport and the Active Leisure Industry	60		M
23. Skill Acquisition in Sport	60		M
25. Rules, Regulations and Officiating in Sport	60		O

External Assessment structure

The Externally Assessed units for this course will be split over the two years for the Extended Diploma and completed in line with the requirements for the Extended Certificate. Therefore Units 1 and 2 will be completed in year 1 with Unit 19 and 22 being completed if students opt for the Extended Diploma. Below is the structure for each of the externally assessed units.

Unit	Type	Availability
Unit 1: Anatomy and Physiology	<ul style="list-style-type: none"> • Written examination set and marked by Pearson. • 1.5 hours. • 90 marks. 	Dec/Jan and May/June
Unit 2: Fitness Training and Programming for Health, Sport and Well-being	<ul style="list-style-type: none"> • A task set and marked by Pearson and completed under supervised conditions. • In Part A, learners will be given a case study one week before a supervised assessment period in order to carry out preparation. • In Part B, the supervised assessment period is 2.5 hours as timetabled by Pearson. • Written submission. • 60 marks. 	Jan and May/June
Unit 19: Development and Provision of Sport and Physical Activity	<ul style="list-style-type: none"> • A task set and marked by Pearson and completed under supervised conditions. • In Part A, learners will be given a case study one week before a supervised assessment period in order to carry out research. • In Part B, the supervised assessment period is 2.5 hours as timetabled by Pearson. • Written submission. • 60 marks. 	Jan and May/June
Unit 22: Investigating Business in the Sport and Active Leisure Industry	<ul style="list-style-type: none"> • A task set and marked by Pearson and completed under supervised conditions. • In Part A, learners will be given information two weeks before the supervised assessment period in order to carry out research. • In Part B, the supervised assessment period is three hours as timetabled by Pearson. • Written submission. • 64 marks. 	Jan and May/June

Internal Assessment structure

Internally-assessed units

Most units in the are internally assessed and subject to external standards verification. This means that we set and assess the assignments that provide the final summative assessment of each unit, using the examples and support that Pearson provides. We will assess using appropriate assessment styles according to the unit. This means students will be able to write assignments, carry out presentations, use video and photographic analysis as well as being assessed practically. This ensures that students are assessed using a variety of styles to help them develop a broad range of transferable skills.

We will make grading decisions based on the requirements and supporting guidance given in the units. Students may not make repeated submissions of assignment evidence.

Synoptic assessment

Synoptic assessment requires students to demonstrate that they can identify and use effectively, in an integrated way, an appropriate selection of skills, techniques, concepts, theories and knowledge from across the whole sector as relevant to a key task. BTEC learning has always encouraged learners to apply their learning in realistic contexts using scenarios and realistic activities that will permit students to draw on and apply their learning.

“I’ve worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down, and I will not let myself down.”

Mia Hamm

Some Additional Housekeeping

1) Textbooks

In class we will use hard copy of the recommended course text, as well as additional Sport books we have. If at any point you loan out a textbook, you should fill out and sign a loan agreement form. If you fail to return the book or return it in an unusable condition, you are giving your consent to replace the book or repay the cost of the book to the department.

2) Folders

You are required to keep an organised set of notes. Due to the amount of notes and resources you will use during the year you are required to use a lever arch file and dividers to organise your studies. This should be brought to every lesson you have. The list below is a suggested order for your folder, and a guide to what should be contained within it:

- 1) Student handbook
- 2) Completed assignments
- 3) Notes for your units currently being completed.
- 4) Feedback and comments from the teacher for ways to improve future assignments.

“The only person you should try to be better than is the person you were yesterday” – Anonymous

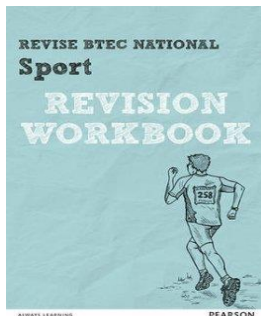
Resources

Official BTEC Sport website

<http://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html>

E-Book resource for course units

<https://www.educationumbrella.com/btec-nationals-sport-student-book-1-activebook/9781292134000/3/1?qclid=Cly-r-Gg-tQCFRS6GwodciAB1A>



Revise BTEC National Sport – Revision workbook

ISBN-13: 9781292150475

Authors: Sue Hartigan and Kelly Sharp



BTEC Nationals Sport Student Book 1 and Activebook

ISBN: 9781292134000

Authors: Adam Gledhill et al.

*“Champions aren’t made in the gym. Champions are made from something they have deep inside them – a desire, a dream, a vision.
– Muhammad Ali*

Golden Rules for success

1. Start your course with an organised folder and keep it this way. You will be surprised just how important this organisation is. BTEC Sport is as much about organisation as it is about hard work.
2. Make notes and write down key definitions to help build and complete assignments.
3. Make flash cards for key concepts, perspectives and research, keep them in your folder for the externally assessed units.
4. Ensure you have good discipline and organisation, it is important to meet deadlines and it will pay dividends when the course ends and you approach the final exams in other subjects.
5. Always aim to achieve the Distinction criteria, completing all tasks. If you can not quite achieve the highest grade you can guarantee Merits.
6. Put your name, unit title and assignment title on every piece of work submitted. You will be surprised how many times I have had to guess who has handed in work.
7. Try to type all notes and thoughts regarding the content covered, it will be easier to copy into any assignment, giving you more time to achieve the best grades possible.
8. Always reference your work, remember to write the name and reference title each time you find a good source. Plagiarism will not be tolerated.
9. Most importantly, have fun and work hard. This is the gateway to your chosen career path, either through university or work. This qualification will set you up for a successful future.

“Don't be afraid of failure. This is the way to succeed” - LeBron James

Notes...