



DIXONS  
SIXTH FORM  
ACADEMY

# SUMMER WORK:

BTEC SPORT

20

23

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# About the Summer Work

Thank you for choosing BTEC Sport at Dixons Sixth Form Academy.

This booklet contains a number of tasks that you are expected to complete to a good standard in order to be able to be enrolled in this subject.

Please complete the summer work on the Forms quiz (see link on Page 4).

The work should be submitted by 1<sup>st</sup> September 2023.

The work handed in should:

- have all compulsory tasks completed
- be completed to the best of your ability

This booklet also contains significant additional information and a range of optional tasks. We would encourage you to complete all the tasks including the optional ones to fully prepare for Sixth Form study.

# Welcome to BTEC Sport

## Subject outline

The BTEC Sport will give you the skills and confidence needed to progress to a fulfilling, exciting career in the sport and fitness industry. The course gives a real-life feel of the multi-disciplinary nature of the subject area as you constantly apply your learning to both yourself, elite performers, coaches and practical situations.

The course will allow you to gain coaching, technical and physical skills whilst ensuring you have the right qualifications for University or employment.

You can choose to study BTEC Sport as a single Extended Certificate (1 A-level equivalent) or double Diploma (2 A-level equivalent), or triple Extended Diploma (3 A-level equivalent) course.

The following units are assessed through external examination:

Unit 1 Anatomy and Physiology

Unit 2 Fitness Training and Programming for Health, Sport and Well-being

Unit 19 Development and Provision of Sport and Physical Activity

Unit 22 Investigating Business in Sport and the Active Leisure Industry

All other units are assessed internally through controlled assessment.

## Careers & Higher Education

The BTEC Sport covers a breadth of study areas including those which fall into The Health and Social Care and Education sectors, two of the largest sectors by employment in West Yorkshire according to the 2021 Labour Market Report. The report identified skills such as communication, teamwork/collaboration, organisational, science-research and problem solving skills as the most in-demand skills in the local labour market. BTEC

Sport will equip you with these essential skills, and many more, to prepare you for your future life in the world of work.

Many students progress onto a university degree or higher apprenticeship in sport therapy, personal training, sports science, sports business management, coaching, human movement studies, leisure and recreation courses or train to be physical education teachers.

The qualification carries UCAS points and is recognised by higher education providers as contributing to meeting admission requirements to many relevant courses such as:

- BA (Hons) in Sports Development and Management
- BSc (Hons) Sports Business Management
- BSc (Hons) Sports Science
- BSc (Hons) in Exercise, Health and Fitness
- BSc (Hons) in Sport and Exercise Psychology.

### **Links to key information:**

Course information guide: <https://www.dixons6a.com/uploads/files/Sport.pdf>

Specification:

Extended Certificate (Single) -

<https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-l3-national-ext-cert-in-sport-spec.pdf>

Diploma (Double) - [https://qualifications.pearson.com/content/dam/pdf/BTEC-](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-l3-national-dip-in-sport-spec.pdf)

<https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-l3-national-dip-in-sport-spec.pdf>

Extended Diploma (Triple) -

<https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-l3-national-ext-dip-in-sport-spec.pdf>

# Summer work tasks

**For Year 11 students coming into YR1 at D6A:**

Scan the QR code:



**Or:**

Go to <https://forms.office.com/e/Cx6teLF4Tt>

**For current D6A YR1 students moving into YR2:**

Scan the QR code:



**Or:**

Go to <https://forms.office.com/e/knKAXx2GrK>

## Subheadings

There are questions covering two of the course units to complete on the Forms document:

**Unit 1** – Anatomy and Physiology

- 1) Skeletal System
- 2) Muscular System

**Unit 2** - Fitness Training and Programming for Health, Sport and Well-being.

- 3) Health and well-being report
- 4) Case study analysis

## Reading list

### Suggested reading

Click this link for a list of published resources for the BTEC Sport course:

<https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.resources.html?filterQuery=category:Pearson-UK:Publisher%2FPearson>