

SPORT - LEVEL 3

COURSE STRUCTURE:

YEAR 1 UNITS

Preparing for a Career in Sport
Principles of Anatomy and Physiology in Sport
Exercise, Health and Lifestyle
Sports Coaching
Practical Team Sports
Practical Individual Sport
The Athletes Lifestyle
Sports Injuries
Organising Sports Events

YEAR 2 UNITS

The Physiology of Fitness
Fitness Testing
Fitness Training and Programming
Sports Psychology
Current Issues in Sport
Sports Nutrition
Technical and Tactical Skills in Sport
Analysis of Sports Performance
Sports Leadership

ASSESSMENT METHODS

- Units are assessed by a coursework portfolio which will demonstrate your understanding of the topic
- Your practical performance in fitness, individual sports, team sports and sports coaching will also be assessed
- You will also be required to complete a work placement in a sports setting. Your work placement is assessed by your workplace tutor who will assess your competence in the workplace



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USING THIS GUIDE

This guide is designed to help you prepare for starting College in September if you are enrolling on Sport level 3

The tasks included in this guide will help you to be ready to start your studies and help boost your chances of success.

None of the tasks are compulsory, but they will give you an excellent foundation of the knowledge which will underpin your college studies.

Each chapter relates to a different unit of the course, it gives a range of suggested activities which will help to develop your knowledge and awareness of the important issues in Sport & Fitness.

PREPARING FOR THE COURSE

Practical performance is a key aspect of all of the Sport courses, and we expect that students have a keen interest in Sport and personal fitness.

We recommend that you undertake a personal fitness programme during the school and College closure period to ensure that you are ready for practical assessments in September. Keep a Training Diary so that you can track your activity and progress.

Have a look at these websites for ideas on fitness training whilst at home:

COUCH TO 5K

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

Couch to 5K is a free running plan for absolute beginners. Running is great for weight loss, improving heart and lung function, strengthening bones, and giving you a general sense of wellbeing.

The Couch to 5K plan involves 3 runs a week, with a day of rest between each run and a different plan for each of the 9 weeks.

For graduates of Couch to 5K or regular runners, try 5K+ running podcasts, a running podcasts series designed to work on your technique, speed and stamina.

STRENGTH AND FLEX WORKOUTS

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

Fancy a personal trainer, but cannot afford one?

The virtual trainer will guide you through a series of equipment-free exercises designed to improve your strength and flexibility.

The workout instructions and pace are easy to follow to ensure you do each exercise correctly and in time. The 5-week Strength and Flex plan consists of 5 podcasts, each 35 to 45 minutes long, which are available as a mobile download for smartphones and some wearable fitness trackers.

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PREPARING FOR A CAREER IN SPORT

In this unit learners will recognise the employment opportunities and trends in the sport and physical activity sector. They will prepare for a chosen career in the sector before undertaking and reviewing their performance in an interview for a sport and physical activity job

Our Sport courses lead to a wide range of careers. You may go on to study at university for some of these, do an apprenticeship or directly into employment.

Research some of the careers below, find out what each of the professionals do, where they work, their salary and qualifications needed. Have you considered any of these careers?

This website might help... <https://nationalcareers.service.gov.uk/job-categories/sports-and-leisure>

SPORTS COACH

FITNESS INSTRUCTOR

PERSONAL TRAINER

SPORTS OFFICIAL (REFEREE, UMPIRE ETC)

HEALTH TRAINER

LEISURE CENTRE MANAGER

LIFEGUARD

OUTDOOR ACTIVITIES INSTRUCTOR

PE TEACHER

SPORT AND EXERCISE PSYCHOLOGIST

SPORTS AGENT

SPORTS COMMENTATOR

SPORTS DEVELOPMENT OFFICER

SPORTS PHYSIOTHERAPIST

SPORTS SCIENTIST

SPORTS NUTRITIONIST

PREPARING FOR WORK PLACEMENT

Work experience is an important part of the Level 3 course in Sport. You will be required to complete a minimum of 5 days per year in a Sports setting.

Appropriate placements include:

- SPORTS CLUBS
- LEISURE CENTRES
- GYMS
- SCHOOL PE DEPARTMENTS
- PRIMARY SCHOOLS (SUPPORTING PE LESSONS AND SPORTS CLUBS)

It is your responsibility to find your own placement, and ideally it will be in a setting that interests you and is linked to your future career aspirations.

Tasks to help you find and secure a placement:

Write a letter which you can send, email or hand deliver to the manager of the placement providers you are interested in. In your letter explain that you will be studying the Sport at Halesowen College in September and that you would like to do a work placement in their setting for at least 5 days during the academic year. Outline your skills and qualities and explain why you think you would be suited to a work placement in that setting.

Use the Internet to search for sports organisations within your local area. Look on their websites or social media to see what kind of services they offer. Can you apply online for their volunteering scheme?

Walk around your local area to see what there is, are there any schools, leisure centres, gyms or sports clubs?

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BROADEN YOUR SPORTING KNOWLEDGE

There are some excellent sports related documentaries and films that you can watch to broaden your knowledge and prepare you for your course. Take a look at some of these if you have access to streaming services:

NETFLIX

Fittest on Earth - A decade of fitness
Icarus
The English Game
Supersize Me
Stop at Nothing- Doping in Sport
Sunderland 'Til I Die
Senna
The Last Dance (Chicago Bulls)

Katie- Rise of a Female Boxer
Coach Carter
The Game Changers
Make us Dream
Class of '92
Building Jerusalem
The Program (Lance Armstrong)
Remember the Titans

YOUTUBE

Testing Cristiano Ronaldo to the limit <https://www.youtube.com/watch?v=4achmhZLNoY&t=120s>

Hit like a girl - part 1 <https://www.youtube.com/watch?v=OfQplASJNcw&t=287s>

Hit like a girl - part 2 https://www.youtube.com/watch?v=_mfn5As4G5o&t=2s part 2

Sports science, LA Lakers <https://www.youtube.com/watch?v=UxflP2I5Ngc>

Blind ambition <https://www.youtube.com/watch?v=iK54QG7AG20>

Catch me if you can- drug use in cycling <https://www.youtube.com/watch?v=04ck8LwApd4>

Weight Cut - Can I Lose 10% Of My Body Weight Overnight? | Extreme MMA (nutrition, eating disorders in sport)

AMAZON PRIME

All or Nothing

Diego Maradona (2019)

EXERCISE, HEALTH AND LIFESTYLE

In this unit you will understand the importance of a healthy lifestyle and provide lifestyle improvement strategies to an individual. You will investigate the impact of various factors such as exercise, alcohol and diet on a person's lifestyle. You will then assess an individual's lifestyle and create a health-related physical activity plan.

HOW CAN EXERCISE AND LIFESTYLE FACTORS CAN AFFECT HEALTH?

EXERCISE

Research into the physical activity guidelines and/ or recommendations for different age groups in the UK.

Research the benefits of exercise on a persons health and the negative impact of sedentary lifestyles.

You could use your findings to produce a Physical Activity Advice Leaflet that could be given out at GP surgeries.

LIFESTYLE

The following lifestyle factors can affect a persons health and wellbeing. Research the factors below:

- Alcohol and the current government recommendations- guidelines for consumption and the risks associated with excessive drinking eg stroke, cirrhosis, hypertension, and depression
- Smoking and the associated risk factors, eg coronary heart disease, cancer, lung infections
- Stress and the associated health risks factors, eg hypertension, angina, stroke, heart attack, ulcers
- Use of drugs (both recreational and prescription) and the associated risks
- Diet and the current recommendations and guidelines and the possible benefits of a healthy diet compared to the effects of poor nutrition

You could use your findings to produce a PowerPoint for adults in a new workplace- employers will want their workforce to stay healthy so that they don't have to take time off sick.

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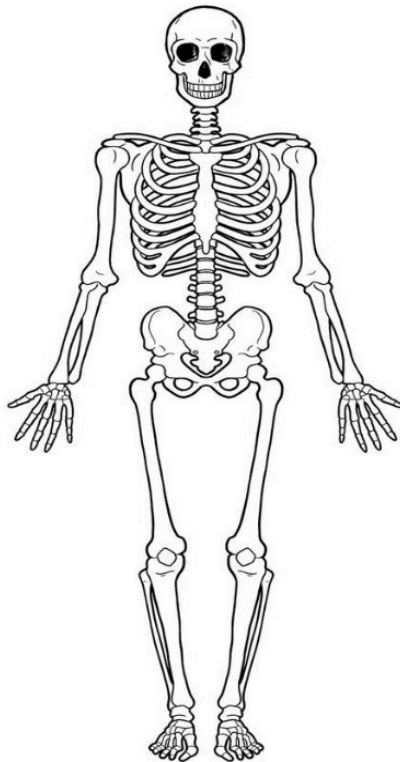
PRINCIPLES OF ANATOMY AND PHYSIOLOGY

In this unit you will explore the structure and function of various body systems including the respiratory, cardiovascular, skeletal and energy systems. Learners will examine how these systems respond to different types of exercise

THE SKELETAL SYSTEM

Label the diagram below to locate the following bones;

CRANIUM, CLAVICLE, RIBS, STERNUM, HUMERUS, RADIUS, ULNA, CARPALS, METACARPALS, PHALANGES, SCAPULA, ILIUM, PUBIS, ISCHIUM, FEMUR, PATELLA, TIBIA, FIBULA, TARSALS, METATARSALS, VERTEBRAL COLUMN (CERVICAL, THORACIC, LUMBAR, SACRUM, COCCYX).



JOINTS

Find a diagram of each of the types of joints listed below, then for each one research their locations in the skeletal system and the range of movements that they allow. These movements include flexion/extension, lateral flexion, abduction, adduction, rotation, circumduction, pronation, supination, plantar flexion, dorsiflexion, inversion and eversion.

You may need to research these so that you can define each of them.

Can you link each joint to an example of a sporting movement?

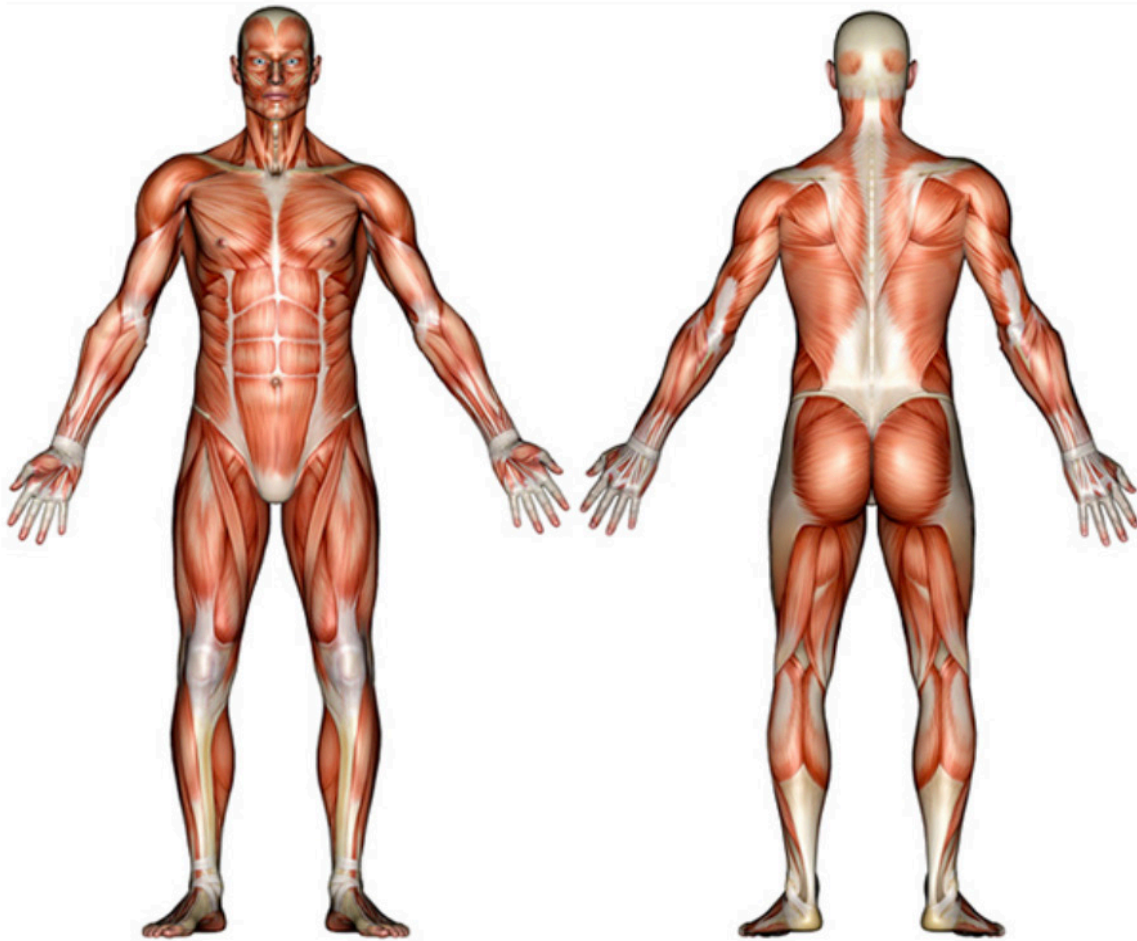
- BALL AND SOCKET
- HINGE
- PIVOT
- GLIDING
- CONDYLOID
- SADDLE

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MUSCULAR SYSTEM

Label the diagrams to locate the following muscles;

BICEPS, TRICEPS, DELTOIDS, PECTORALIS MAJOR, RECTUS ABDOMINIS, QUADRICEPS (RECTUS FEMORIS, VASTUS LATERALS, VASTUS MEDIALIS, AND VASTUS INTERMEDIUS), HAMSTRINGS (SEMIMEMBRANOSUS, SEMITENDINOSUS, AND BICEPS FEMORIS), GASTROCNEMIUS, SOLEUS, TIBIALIS ANTERIOR, ERECTOR SPINAE, TERES MAJOR, TRAPEZIUS, LATISSIMUS DORSI, OBLIQUES, AND GLUTEUS MAXIMUS.



Now research the Sliding Filament Theory for Muscular Contraction - can you define the following key terms:

- ACTIN
- MYOSIN
- SARCOMERE
- TROPONIN
- TROPOMYOSIN
- CALCIUM
- IONS
- ATPASE

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SPORTS INJURIES

In this unit you will understand causes of common sports injuries and how these can be prevented. You will understand the physiological and psychological effects of sports injuries and will understand the methods of treatment for sports injuries. You will plan treatment and rehabilitation programmes for sports injuries.

SIGNS, SYMPTOMS, CAUSES OF AND TREATMENTS OF SPORTS INJURIES

Research some of these common sports injuries.

| | | | |
|-----------------|----------------|------------------|---------------------------------|
| FRACTURE | DISLOCATION | STRESS FRACTURE | SHIN SPLINTS |
| HAEMATOMA | ABRASION | SPRAIN | STRAIN |
| CONCUSSION | TENDON RUPTURE | BLISTER | CRAMP |
| TENNIS ELBOW | BACK PAIN | CARTILAGE DAMAGE | TENDONITIS (ACHILLES, SHOULDER) |
| FRICITION BURNS | | | |

You could also research these possible treatments:

- PRICED (PROTECT, REST, ICE, COMPRESSION, ELEVATION, DIAGNOSIS BY PROFESSIONAL)
- SALTAPS (STOP, ASK, LOOK, TOUCH, ACTIVE, PASSIVE STRENGTH)
- TAPING
- BANDAGING
- TUBIGRIP
- SPLINTS
- HOT/COLD TREATMENTS
- PAIN SPRAYS LIMB SUPPORTS
- ELECTROTHERAPY

You could use your research to create a PowerPoint presentation which details common sports injuries and how they can be treated. You could include video clips and images where appropriate to help you explain the injury.