

<p align="center">6th Form Preparation work for</p> <p align="center">BTEC SPORT</p> <p align="center">Specification - BTEC National Extended</p> <p align="center">Certificate in Sport</p> <p>This work will help prepare you for the content and independent learning expected on the BTEC Level 3 National Extended Certificate in Sport course.</p> <p>Your completed transition work should:</p> <ul style="list-style-type: none"> • Be well presented and organised 	<p align="center">Anatomy and Physiology</p> <p>Create a fact file on the following body system:</p> <p>Skeletal System</p> <ul style="list-style-type: none"> • Functions of the skeleton • Types of bones • Major bones of the body • Types of joints and their movement <p>Include labelled diagrams where possible</p>	<p align="center">Muscular System</p> <p>Create a fact file on the following body system:</p> <ul style="list-style-type: none"> • Functions of muscles • Major muscle groups • Antagonistic muscle pairs • How muscles work during movement <p>Include labelled diagrams where possible</p>
<p align="center">Components of Fitness</p> <p>Define and explain the following:</p> <p>Physical Components of Fitness</p> <ul style="list-style-type: none"> • Cardiovascular endurance • Muscular endurance • Muscular strength • Speed • Flexibility • Body composition <p>For each component:</p> <ul style="list-style-type: none"> • Definition • Sporting example • Why it is important 	<p align="center">Skill-Related Components of Fitness</p> <p>Define and explain the following:</p> <ul style="list-style-type: none"> • Agility • Balance • Coordination • Power • Reaction time <p>For each component:</p> <ul style="list-style-type: none"> • Definition • Sporting example • Why it is important 	<p align="center">Training Methods</p> <p>Research the following training methods:</p> <ul style="list-style-type: none"> • Continuous training • Interval training • Circuit training • Fartlek training • Weight training <p>For each method:</p> <ul style="list-style-type: none"> • Description • Advantages • Disadvantages • Suitable sports performers • Example training session

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