

PE Transition Work

For each subject you will receive a detailed introduction to allow full transition into the college and your new learning. Please keep all work created in a folder to present to me in the first lesson in September.

BTEC Level 3

BTEC Extended Certificate in Sport and Exercise Science

Weekly Tasks

Topic

Resources

Compulsory
Summer Task
-
6 hours of
work

Functional
Anatomy

Work through the **PE Transition Work Subject Knowledge PowerPoint** that was emailed out to you immediately after your attendance at the transition days on 26th/27th June 2023. You need to create exam splats, knowledge vomits, cue cards or any other revision resources for the topic areas on this PowerPoint. This will help you to remember the information.

All notes/revision resources that you make need to be brought with you to your first lesson when you start College in September.

You will be tested on this knowledge during your first week of lessons in Year 12.

Functional
Anatomy

Watch the following videos and create an exam splat/knowledge vomit for each.

Cardiac cycle

<https://www.youtube.com/watch?v=swGV1a3f1G8>

Sliding filament theory

https://www.youtube.com/watch?v=2-NVeg7_uWk

Neural control of the respiratory system

<https://www.youtube.com/watch?v=RYb1gUAB098>

		<p>Neural control of the cardiac cycle</p> <p>https://www.youtube.com/watch?v=NdGmpRXqIk4</p>
	Biomechanics	<p>Watch the following videos and create an exam splat/knowledge vomit for each.</p> <p>Newton's laws of motion</p> <p>https://www.youtube.com/watch?v=jLvoiZUsiZY&list=PLKdzNhBMRVyzgabEIX1-Qy1c8rpNoSLXg&index=3</p> <p>Levers</p> <p>https://www.youtube.com/watch?v=F6X_ydbOR1g</p> <p>Planes and axis</p> <p>https://www.youtube.com/watch?v=moP483UxRQ8</p>

General resources and suggested reading:

Specification Link:

<https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-and-exercise-science-2016.html>

Useful websites/resources:

<https://www.em-sportscience.com/>

The World leading evidence-based source for sport training and athletic performance. You can follow EM Sport science on Facebook, Instagram and Twitter to get regular updates on recent sporting research & their findings. This is a great resource, not only for topics we study in biomechanics but also tips for your own training and performance goals.

<https://www.muscleandmotion.com/>

This website and its apps aim to enhance your understanding of the muscular movements of the human body. Followed on Facebook, Instagram and Twitter by anatomy students, physical and massage therapists, educators, personal trainers, athletes and anyone interested in enhancing their knowledge of the muscular motions of movement. A great website showing animated muscle movements to help you learn muscle locations and their actions. There are apps available to purchase if you are looking at going on to study physiotherapy or sports massage but the free ones

are helpful.

<https://www.getbodysmart.com/>

Animated text narrations and quizzes to explain the structures and functions of the human body systems. Useful to dip into whilst studying the topics in unit 2. It covers the skeletal, muscular, cardiovascular & respiratory systems and you can test yourself using the interactive quizzes.

<https://www.teachpe.com/>

Interactive website focusing on all aspects of Sport. Some good interactive quizzes to test your knowledge and downloadable images to help you revise.

Additional resources/support material:

YouTube James Morris Excellent for revision.

YouTube PlanetPE Excellent for revision.

BBC sport /sky sports news to keep you up to date with sports news to support application to assignments.

Pearson BTEC National Sport & Exercise Science student book.

Pearson REVISE BTEC National Sport & Exercise Science Revision workbook.

Pearson REVISE BTEC National Sport & Exercise Science Revision Guide.