

## Sport BTEC (Extended Diploma)

### Preparation work: Pre-course Reading, Research and Tasks

#### BTEC National Sport.

Our Sports courses are designed to cater for all experiences and levels that you may have in the world of sport and provide a vocational, coursework focused, non-examination pathway to higher education or the world of work.

BTEC sport at Godalming College prides itself on a close-knit community with an outstanding team ethic. Pre-reading and research will help you become more familiar with the topics you are going to study on your BTEC Sports course. By completing the activities below, we hope you gain some valuable insight into the BTEC course, have explored the sporting world a little deeper and feel more confident about joining our department.

#### Specification :

A good place to start is by having a look at the specification for the Sports courses we deliver at Godalming College. These can be found at:

<https://qualifications.pearson.com/en/qualifications/btec-nationals/sports-coaching-and-development-2019.html>

#### Task 1:

**Sports Fitness** – what types of fitness training is there in sports performance?

Make an A4 information sheet, that a personal trainer could give to clients at a gym, that gives information about a fitness training method of your choice. Use our SMORES PAGES TO HELP YOU!

<https://www.smores.com/ugit8-fitness-training-and-programming>

#### Task 2:

**Sports Coaching** – How do you become a coach? Create either an A3 poster or a brief power point on the 4 Key areas below:

##### 1. National Governing Bodies:

What National Governing Bodies will you need to know about for your sport? What do they do in your sport? How do they help coaches? Use our SMORES PAGE to help you:

<https://www.smores.com/mwpcfj-national-governing-bodies>

##### 2. Qualifications and training.

How I become a football coach? Listen to the podcast of the development the Welsh FA have introduced to help you understand the career development possible through coaching courses and how to progress from grassroots to elite coaching.

<https://podcasts.apple.com/gb/podcast/episode-52-carl-darlington-talks-about-welsh-way-educating/id1093227591?i=1000430075757>

### 3. Characteristics of a coach.

Listen to the podcast as George shares his own sports coaching experience and the development he has gone through to become a coach. What do you think are the key lessons he has learnt? What are the important characteristics, qualities and roles a coach need?

<https://podcasts.apple.com/gb/podcast/sports-coaching/id1494387959?i=1000462053778>

### 4. A coach's motivational team talks!

Can you find a better clip to demonstrate the impact of a great motivational team talk from a coach? Use the clips below to see ours and see if you can research and find a film or clip that gives a better example of a coach making a team talk to remember. Tell us what makes the clip so good?

#### Clip 1: Smithy at Sports personality of the year

<https://www.youtube.com/watch?v=lvvKUtHIDK8&feature=share>

#### Clip 2: Any given Sunday

<https://www.youtube.com/watch?v=f1yWSePMqsk&feature=share>

## Task 3:

**Anatomy and Physiology** – The structure and function of the Heart.

Watch the clip using the link below and draw, including labels, the heart. Write a brief paragraph on what happens to the heart during exercise. Use your GCSE knowledge of Science or Physical Education to help construct your answers.

<https://www.youtube.com/watch?v=O8ttt3M8qzM&feature=share>

## Task 4:

**Sport Psychology**

Write a brief summary of what you think sports psychology is and the importance of sports psychology in helping athletes to perform at their optimum level. Looking inside the mind of a winner and discovering the strategies they have or need to perform at their best is both fascinating and scientific.

Create a mind map that provides an outline of the psychological elements a team or individual needs to win mentally. Watch the Ted Talk with Martin Hagger on Sports Psychology to help you.

**Sport Psychology – inside the mind of a champion athlete:** Martin Hagger at TEDx Perth

[https://youtu.be/yG7v4y\\_xwzQ](https://youtu.be/yG7v4y_xwzQ)

## Progression Opportunities

**Why choose Sport BTEC (Extended Diploma):**

There are many reasons students chose a BTEC Sports course that includes just one BTEC sports qualification alongside other subjects or a sole BTEC sports program. They will prepare you well for either university, apprenticeships or the world of work in the many sports sectors.



**Progressions routes** have included university courses for teaching, coaching and community development, sports management, events management, fitness and exercise, personal training, nutrition and strength and conditioning. Students have also completed foundation degree pathways to psychology, physiotherapy, exercise physiology, sports therapy and chiropractic studies.

The BTEC offers excellent **work experience opportunities** that help cement the foundations needed in the world of work. Coaching and leading in college, combined with securing a placement of your choice will help develop the fundamental characteristics and skills needed for the world of work.

<https://www.ucas.com/explore/subjects/sport>

<https://www.youthemployment.org.uk/how-can-a-btec-get-you-into-a-sports-career-meet-yvan-zahui-personal-trainer>

<https://www.ukcoaching.org/opportunities>

*We hope you enjoy completing these tasks and look forward to you joining the course.*

