

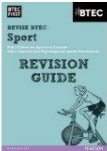

# Sport Studies BTEC



## Key Information

Contact:	Mr S Last <a href="mailto:slast@westonfavellacademy.org">slast@westonfavellacademy.org</a>
Exam Board:	Edexcel
Summary of Subject:	<p><b>BTEC sports looks at :</b></p> <p>Why fitness is important for sports performance. How to develop and test fitness for sports.          The rules and regulations involved in 2 sports including their own practical ability in 2 sports.          How the body responds and adapts to exercise and how we supply our body with energy.          The roles and qualities of sports leaders and coaches and the students' ability to lead sessions and evaluate their own performance.</p>
Units:	<p><b>Unit 1:</b> Fitness for sport and exercise (Exam unit)  <b>Unit 2:</b> Practical sports performance  <b>Unit 4:</b> The sports performer in action  <b>Unit 6:</b> Leading sports activities</p>

## How can I support my child at home?

<b>Useful websites:</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.teachpe.com/gcse.php">www.teachpe.com/gcse.php</a></li> <li>• <a href="http://www.brianmac.demaon.co.uk">www.brianmac.demaon.co.uk</a></li> <li>• <a href="http://www.bbc.co.uk/education/subjects/">www.bbc.co.uk/education/subjects/</a></li> <li>• <a href="http://www.edexcel.com">www.edexcel.com</a> (follow links for BTEC SPORT)</li> <li>• <a href="http://www.revisionworld.com/gcse-revision/pe-physical-education">www.revisionworld.com/gcse-revision/pe-physical-education</a></li> <li>• <a href="http://www.s-cool.co.uk/gcse/pe">www.s-cool.co.uk/gcse/pe</a></li> </ul>
<b>Revision Texts:</b>	<p>Title- Revise BTEC sport          Publisher- Pearson          ISBN- 978 1 4469 0670 5</p> 
<b>Other:</b>	<p>BTEC SPORT          Pearson          ISBN- 978 1 446901 61 8</p> <p>Links to important documents on Student Common:</p> <ul style="list-style-type: none"> <li>• I:Drive</li> <li>• PE</li> <li>• BTEC SPORT Y11 RESOURCES 2015</li> <li>• Unit 1 and Unit 4 guides / revision packs</li> <li>• The Password to access these is `<u>copyright`</u></li> </ul> 

### To achieve a Grade A, I will be able to:

- Compare and contrast the roles and responsibilities of officials from two selected sports, suggesting valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport.
- Analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance.
- Using three different sports activities compare and contrast how the musculoskeletal and cardiorespiratory systems respond and adapt to exercise.
- Compare and contrast how the energy systems are used in sports with different demands.
- Compare and contrast the attributes of two successful sports leaders.
- Justify targets for future development as a sports leader and activities within the personal development plan

### To achieve a Grade C, I will be able to:

- Identify the rules of 2 sports and apply those rules
- Perform basic skills in 2 sports
- Evaluate your own ability in 2 sports
- Describe the short and long term responses of the body to exercise
- Identify and describe the energy systems
- Outline the qualities and roles of a sports leader
- Give strengths and area of development on your own ability as a sports leader