
This links into the topics you will be looking at in September.

- This work is linked to
 - Unit 1 - Anatomy and Physiology
 - Unit 2 - Fitness Training and Programming for Health, Sport and Well-being

- cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column, femur, patella, tibia, fibula, tarsals, metatarsals.



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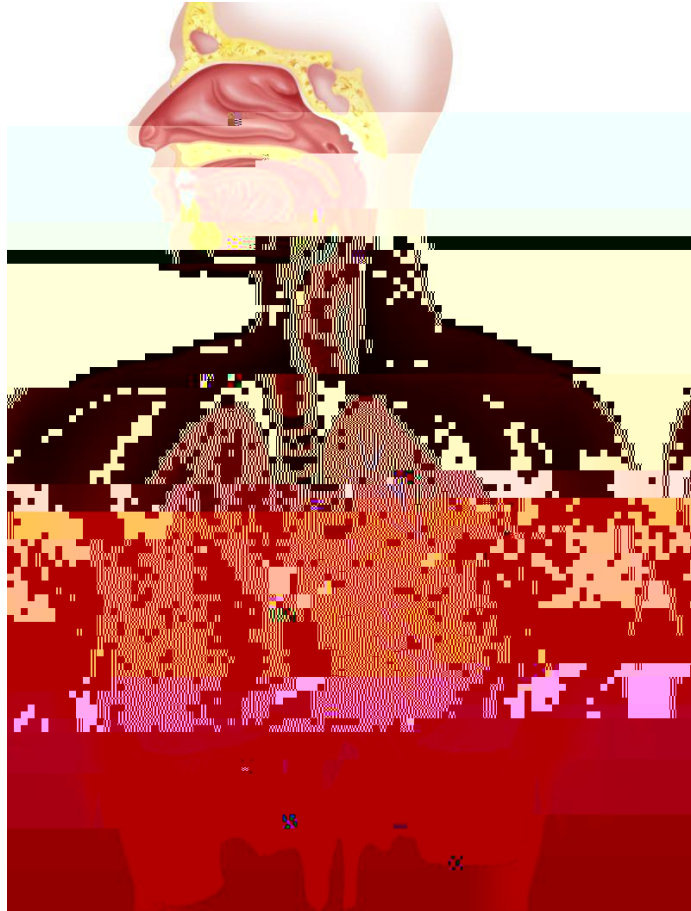




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- - atria, ventricles, bicuspid valve, tricuspid valve, semi-lunar valves, septum, major blood vessels (aorta, vena cava, pulmonary artery, pulmonary vein), coronary arteries

Upper body

- - nasal cavity, epiglottis, pharynx, larynx, trachea, bronchus, bronchioles, lungs, alveoli, diaphragm



Complete the table below

Physical Activity	
Alcohol	
Smoking	
Sleep	



Diet	Describe the Eat Well Guide -

Protein			
Carbohydrate			
Fat			

Complete the table below

Continuous training	
Circuit training	
Interval training	
Plyometrics	

This section is designed to develop your understanding of a sporting context and recent contextualisation in Sport and Leisure settings.

Choose 1 Option from the lists below and write a report (minimum 1 xA4) which;

Describes an overview of the Video/Book

Explains the relationship between the video/book and your BTEC Sport Course

Analyses the video/book and discuss your opinion and conclusion

Tick the boxes of the ones you are completing. Feel free to watch as many as you want if you have time

LEVEL 3 BTEC SPORT

DEVELOPING KNOWLEDGE

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The Last Dance Muscle and Medals Strive for Greatness

