BTEC Sport LEVEL 3 Extended Certificate

SUMMER HOMEWORK

HAND IN DATE: FIRST SPORT LESSON

Summer homework to be completed by first lesson in September Handed to Mr Tubby.

Each task completed will be used as evidence for your coursework

Task 1 (Unit 2)

For the following components of fitness, describe one fitness test and include advantages and disadvantages.

- Flexibility https://www.youtube.com/watch?v=S-UWdErmXuk
- Strength https://www.youtube.com/watch?v=JHZdKvi2 mM
- Aerobic endurance https://www.youtube.com/watch?v=raPYVkk81ag and https://www.youtube.com/watch?v=9XgGPULnDxY
- Speed https://www.youtube.com/watch?v=slxnebblUO4
- Power https://www.youtube.com/watch?v=zMQR6T2HVY0
- Muscular endurance https://www.youtube.com/watch?v=lb4AWFnwWhc
- Body composition https://www.youtube.com/watch?v=6pW-4Bsjz14

Explain the advantages and disadvantages of one fitness test for each component of physical fitness. You
need to explain <u>WHY</u> it is an advantage or disadvantage.

Task 2 (Unit 1)

Identify and compare the three different SKELETAL fibre types (https://www.bbc.co.uk/bitesize/guides/z6fmwty/revision/4). Can you describe both structural and functional characteristics of each fibre type and link to sport examples? Use different examples from sports events that are happening/have happened over the summer of 2021.

Task 3
Quiz time ©
1. Muscles that work in pairs are called what?
2. What is the equipment used to test lung volume called?
3. Name 10 major muscles in the body
4. What is the equation for aerobic respiration?
5. What is a PAR-Q?
6. What does muscle pliability mean?
7. Write down 5 different structures of the respiratory system- e.g Diaphragm
8. What is the sum for cardiac output?
9. List 3 reasons why people take part in sport and exercise?
10. What is a balanced diet?
11. What does RDA stand for?
12. List all the fitness components you know? (11)

13. What is PNF?

<u>Task 4 – Unit 2</u>

1. Complete the 12-minute run, four times during the holidays.

2. Create a bar graph displaying your results

12 minute run	Date	Distance
Week one-		
Week two-		
Week three-		
Week four-		

B. After completing your tests, describe the long term adaptations that have enabled mprove on your scores?	you to (nopefully)