



BTEC Level 3 Sport
Year 11 into Year 12
Transition Booklet

Welcome to Level 3 BTEC Sport

You are about to begin an exciting new journey into the world of sport, health, and performance. This course builds on your existing knowledge and challenges you to think critically, analyse effectively, and perform practically in a wide range of contexts.

Course Overview

You will be studying the Pearson BTEC Level 3 National Extended Certificate/Diploma in Sport. This vocational course provides a mix of theoretical and practical learning through coursework, controlled assessments, and external exams.

Key units you will study at the start of Year 12:

- Unit 1: Anatomy and Physiology (Exam)
- Unit 5: Application of Fitness Testing (Coursework)
- Unit 17: Sports Injury Management (Coursework)

Transition Tasks

To help you prepare, complete the following transition tasks before the start of Year 12. These will give you a strong foundation for the key units you'll begin with.

Fitness Testing (Unit 5)

Refer to the course textbook (see below) or reliable online resources.

a) Research Task:

Choose 5 different fitness tests and describe the methodology for each. Include:

- Equipment required
- Test procedures
- Scoring/analysis
- Normative data (if available)

b) Key Terminology:

Define the following terms in the context of fitness testing:

- Validity
- Reliability
- Practicality
- Ethical considerations

c) Application Task:

Write a 500-word essay explaining how the four terms above apply to the five tests you researched in part (a). Consider:

- How valid and reliable is each test?
- Is it practical to carry out in a school environment?
- Are there ethical implications (e.g. consent, health risks)?

Enrichment: Explore Beyond the Classroom

Something to Read:

- <https://www.bbc.co.uk/sport/athletics/50025543>
- <https://www.theguardian.com/sport/2019/oct/12/faster-harder-stronger-human-limits-records-endurance-sport>
- <https://www.bbc.co.uk/news/health-48527798>

Something to watch:

- <https://www.youtube.com/watch?v=Ds21U7coQzI>
- <https://www.youtube.com/watch?v=A73HQwEct-o>

Something to think about:

- Is there a limit to human endurance? Will records continue to tumble, or are we reaching the edge of what the human body can achieve?
- Write a short paragraph (150–200 words) exploring your opinion. Use examples from your reading and viewing.

Course Textbook

Recommended Textbook:

Title: BTEC National Sport Student Book 1

ISBN: 9781292134000

Available: Amazon, Pearson, and most online bookstores

Contact

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