



Southam  
College

*Philosophy – Participation – Progression – Performance*

*Vision – Relentless focus on pursuit of excellence.*

*Departmental Core Values – Pride, Honesty, Humility, Team Work, Effort, Discipline*

# **BTEC Sport Lv.3 Summer Project**

# UNIT 3 – PROFESSIONAL DEVELOPMENT IN THE SPORTS INDUSTRY

## TASK 1:

1. Find an actual job advert for a career in either physiotherapy or PE teacher.

What important information do you require on a job advert? (*Job title, deadline, payment scale, brief outline of the job etc*)

2. Job analysis – What are the important duties, roles, responsibilities of the job?

3. Job description – describe the exact job role. What are the requirements of the job on a day to day basis?

4. Person specification – personal skills, qualities, experience, competencies. List all the skills/qualities that are essential or desirable for your job.

5. Find an example of an application form for your job.

6. Complete/update your own CV (*you can use the template provided*)

7. Complete a letter of application for your chosen job (please see next page for guidance).

This is a letter to the future employer explaining everything about YOU (*academic achievements, personal achievements, what you can bring to the job, experiences that you have benefitted from that link to the job, what you want to learn/gain from the job, why are YOU the best candidate for the job, what challenges you have faced, what are you looking forward to about the job etc.*)

8. Research 10 interview questions that link directly to your chosen.

These are the questions you might be asked in your actual interview (*Think about the content of your letter of application, job description and personal specification*)

# Letter of application

This is a letter to the future employer explaining everything about YOU and your professional skills and qualities. The purpose is to tell the employer what YOU can bring to the job.

Include the following;

- Address a specific person
- You need your address, phone & email
- Name of job and position applying for.
- Opening statement about you and your ambition
- Inform the reader why you have applied for the job
- What is it about the organisation that you like? What attracted you to the job? Why would you be well suited?
- Your skills, qualifications and experience and how they match the job description, specification and the organisation itself. Draw on your strengths and areas for development.
- Draw on information from their website to show you have researched the organisation
- Why will hiring you benefit the organisation? What new initiatives or areas can you look to develop?
- Any additional skills or experiences that make you stand out
- Thank them for the opportunity of applying and you look forward to discussing your application further

# CV Example

## CURRICULUM VITAE

### Personal Details

Name	
Address	
Telephone	
Email	
Age	

### Personal profile

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### Education

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### Achievements

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### Hobbies

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### Referees

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# UNIT 2 – FITNESS TRAINING AND PROGRAMMING FOR HEALTH, SPORT AND WELL BEING

## UNIT 2, TASK 1:

- Unit 2 is an exam unit – you will have a scenario given to you 2 weeks before your exam where you will need to create notes in preparation for your exam (2 weeks later).
- Below (next slide) is an example scenario. Read it carefully and make notes on anything health related.
- Complete the questions after in relation to the scenario. You will need to draw on knowledge from GCSE/BTEC to ensure you use keywords relating to health and fitness in your answers.

# Scenario...Rebecca Smith

Rebecca Smith is 32 years old and works in London as a consultant. She works 8 hours a day, sat down for the majority. She doesn't currently take part in any exercise but used to do a lot in the week. Since having children she gets tired easier and is beginning to get increasingly stressed at work. Rebecca gets the train to work which takes approximately 1 hour. On a Wednesday she leaves work early so that she can collect her daughters from the child minder and spend longer with her. Rebecca is fed up with her recent weight gain as before giving birth she was extremely fit and played netball regularly to a high standard. She seems to have lost any motivation and time to exercise but wants to get back into it and start enjoying exercising again. Rebecca has re-joined her old netball team and wants to be fit for the start of the season in 6 weeks' time. She has completed a PAR-Q and has indicated that she has no medical conditions and is fit to take part in physical activity.

# Rebecca Smith Questions...

- What is Rebecca Smith's maximum heart rate?
- Rebecca Smith works for 8 hours a day in an office, sat down for the majority...what does this suggest about her lifestyle?
- What is causing Rebecca Smith to be stressed?
- What could this stress do to her lifestyle and mental well being?
- What has caused Rebecca's lack of motivation, what could be a way to help her with this?
- Rebecca has joined a netball team – what will this do for Rebecca and her lifestyle?
- What is a PAR-Q and why is this necessary for Rebecca if she is about to start exercising again?

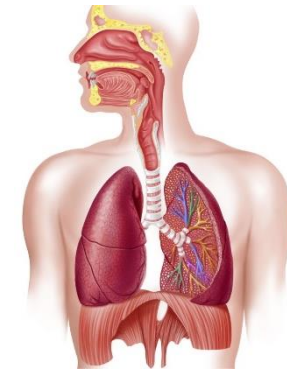
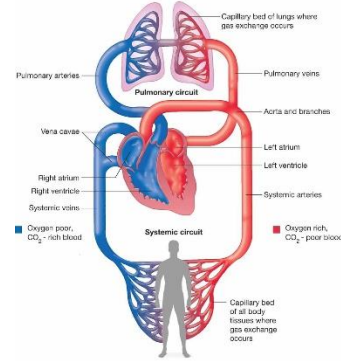
## Unit 2, Task 2:

- Research information on the following lifestyle factors:
- **Positive lifestyle factors:** Exercise, balanced diet
- **Negative lifestyle factors:** Smoking, alcohol, stress, sleep, sedentary lifestyle
- *Information on the factor (What is it? What are the government recommendations for each? What )*
- *On each of the negatives – what are the health risks of each factor?*
- *On each of the negatives – what are the strategies to quit/improve lifestyle?*

*Your above research should be placed into mindmaps/posters.*



# Unit 1: Physiology



Unit 1 is an exam Unit that you will sit in year 13. This content however, can be transferred into your Year 12 work.

For each of the following sports performers:

- Mo Farah
- Cristiano Ronaldo
- Laura Trott
- Serena Williams
- Nick Skelton

1. Create a personal profile which includes an image, their age, date of birth, sport and career highlights.
2. Pick a movement from their sport and create a movement analysis for that action. This needs to have muscles, bones, joints as well as muscle actions.
3. For each performer you need to identify and explain which muscle fibre types they would use most and why?
4. Explain the health benefits of taking part in that sport.
5. What happens to the cardiovascular system when each performer exercises/performs?
6. Which energy system does each sporting performer use most and why.