BTEC Sport LEVEL 3

Extended Certificate

SUMMER

HOMEWORK

HAND IN DATE: FIRST BTEC LESSON

Summer homework to be completed by September 2020
Handed to Ms Chalcraft

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
- Strength
- Aerobic endurance
- Speed
- Power
- Muscular endurance
- Body composition

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

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Task 2 (Unit 1)

Identify and compare the three different fibre types. 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 2018.

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?

Task 4 – Unit 2

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

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

2. Create a bar graph displaying your results

3. After completing your tests, describe the long term adaptations that have enabled you to (hopefully) improve on your scores?

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