

# Starting with confidence >>

## Sport

The following is a list of activities you may like to do during your summer holidays, in preparation for studying BTEC Sport.

If you have completed GCSE PE, a good starting point is to re-read some of your old work or the text book.

A basic knowledge of anatomy is advantageous. Are you able to label the structure of the following body systems:

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system



A good website for this is:

[www.bbc.co.uk/schools/gcsebitesize/pe/appliedanatomy](http://www.bbc.co.uk/schools/gcsebitesize/pe/appliedanatomy)

Following on from this, investigate physiological changes to the body through the following training methods:

- Weight training
- Aerobic training
- Circuit training

Useful websites for this are:

[www.bbc.co.uk/schools/gcsebitesize/pe/exercise/2\\_exercise\\_effectsoftraining\\_rev1.shtml](http://www.bbc.co.uk/schools/gcsebitesize/pe/exercise/2_exercise_effectsoftraining_rev1.shtml)

[www.livestrong.com/article/481210-changes-that-occur-physiologically-during-exercise](http://www.livestrong.com/article/481210-changes-that-occur-physiologically-during-exercise)



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Knowledge of the components of fitness is helpful. Follow this up by investigating the required components of fitness for the following sports:

- Rugby
- Long Jump
- 400m
- Netball
- Fencing

A good website for this is:

[www.topendsports.com/fitness/sportspecific.htm](http://www.topendsports.com/fitness/sportspecific.htm)

Health and safety is a key element of Sport. List all the safety equipment and protective clothing for the following sports:

- Cricket
- Hockey
- Rugby
- Rock climbing
- Kayaking

