



Sport

Practitioners Guide

Updated

Welcome to BTEC Sport+

Pearson has partnered with Max Whitlock MBE, double Olympic medallist, and World, European and Commonwealth Champion to produce **a set of learning videos to support BTEC Sport learners**.

Pearson have created this content in response to a growing demand from learners to help them build knowledge through accessible and engaging online content, particularly in the form of short learning videos.

The video learning content is mapped to **BTEC National in Sport (2016)**. The videos are well positioned to support additional learning and qualifications that align to the sport specific knowledge that these videos cover. Each of our videos looks at a learning aim and introduces the key points. Learners will see and hear Max introduce some of the ideas, science, and technical language they need to know.

To help you plan and use the videos, this document contains a contents guide so you know which units we have covered, the learning aims and the videos you can access.

As a solution this set of videos can be used to support blended learning delivery; in the classroom, before or during a lesson, or via the **Learning Hub** app for the learners to access in their own time to facilitate independent study.

Find out more about how **Learning Hub** can support your digital learnings solutions.

Web for BTEC Sport+

In addition, we have provided learners with access to a selected collection of online content, to help them find and use relevant resources for their BTEC Sport course.



Download the app

Click the icons below, or search Pearson LearningHub where you find apps.



The solution

BTEC Sport+ covers various units and learning outcomes of the BTEC Nationals in Sport in bitesize chunks and includes:

- Videos for the BTEC Nationals in Sport (2016), covering units 1, 2, 3, 4, 5, 6 and 22.
- Through each unit there are short quizzes to check understanding, worksheets are also included to consolidate learning for externally assessed units (1, 2 and 22).
- Careers videos where Max Whitlock explains how people with different careers in sports have helped him get to where he is.



BTEC Sport+ comes with supplementary access to Web for BTEC – an online search tool that provides learners with specifically curated material related to their BTEC qualification.

Learn more

Unit and bundles available

Sport+ Unit 1. Anatomy and Physiology

Sport+ Unit 2. Fitness Training and Programming for Health, Sport and Well-being

Sport+ Unit 3. Professional Development in the Sports Industry

Sport+ Unit 4. Sports Leadership

Sport+ Unit 5. Application of Fitness Testing

Sport+ Unit 6. Sports Psychology

Sport+ Unit 22. Investigating Business in Sport and the Active Leisure Industry

Sport+ Bundle 1 – units 1, 2, and 3

Sport+ Bundle 2 – units 1, 2, 3 and 4


Sport+ Bundle 3 – units 1, 2, 3, 4, 5, 6 and 22

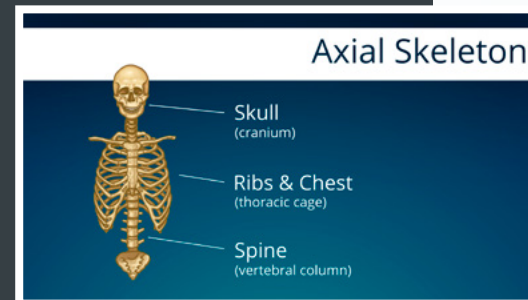
Unit 1. Anatomy and Physiology

Sport 2016 Externally Assessed Unit

Learning Aim

A The effects of exercise and sports performance on the skeletal system

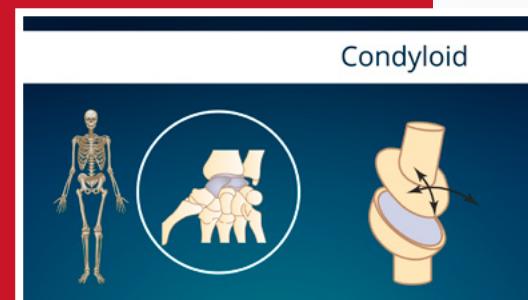
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Learning Aim

A The effects of exercise and sports performance on the skeletal system

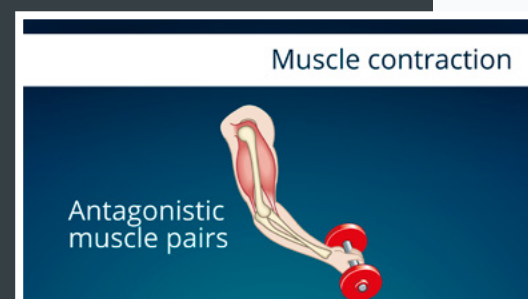
 5 min 3 seconds



Learning Aim

B The effects of exercise and sports performance on the muscular system

 5 min 3 seconds



Learning Aim

B The effects of exercise and sports performance on the muscular system

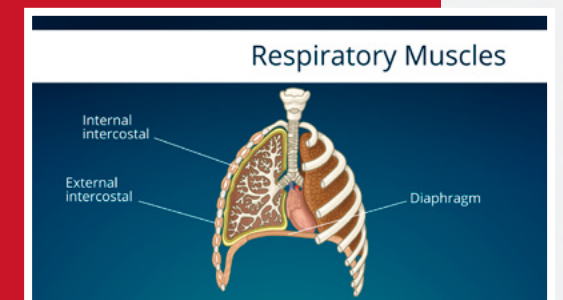
 5 min 9 seconds

| Types of muscle fibre | |
|-------------------------------------|---------------------------|
| • Type 1 Slow-twitch fibres | Endurance activities |
| • Type 2A Fast-twitch fibres | Speed, power and strength |
| • Type 2X Fast glycolytic fibres | Stop-go activities |

Learning Aim

C The effects of exercise and sports performance on the respiratory system

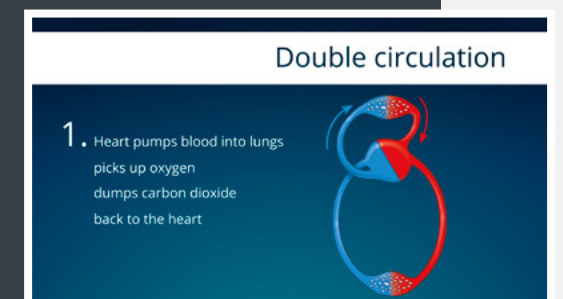
 4 min 21 seconds



Learning Aim

D The effects of exercise and sports performance on the cardiovascular system

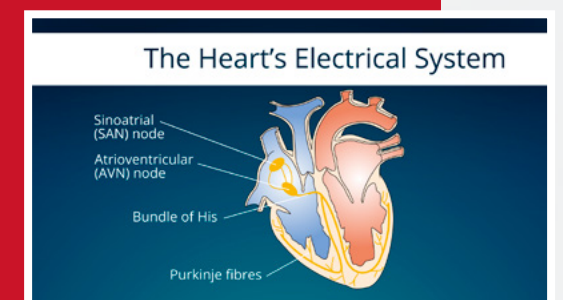
 5 min 20 seconds



Learning Aim

D The effects of exercise and sports performance on the cardiovascular system

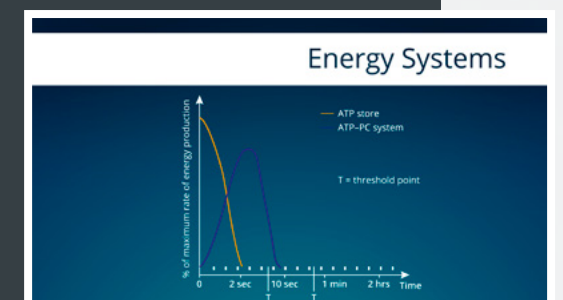
 5 min 13 seconds



Learning Aim

E The effects of exercise and sports performance on the energy system

 4 min 46 seconds



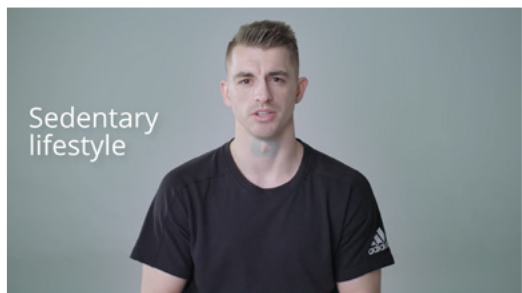
Unit 2. Fitness Training and Programming for Health, Sport and Well-being

Sport 2016 Externally Assessed Unit 

Learning Aim

A Healthy Eating and the Eatwell Guide (Part 1)

 4 min 48 seconds




Learning Aim

A Negative Lifestyle Actors (Part 2)

 4 min 32 seconds

Learning Aim

A Lifestyle Modification Techniques (Part 3)

 4 min 28 seconds

Learning Aim


B The Screening Process for Training and Programming

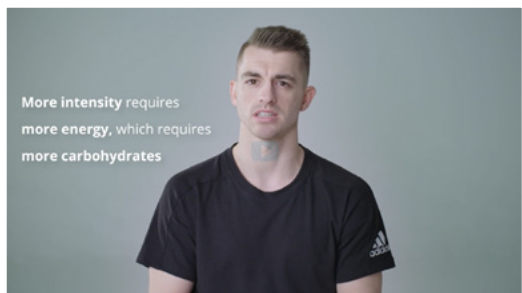
 5 min 13 seconds

| PAR-Q questionnaire | |
|--|--|
| PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q) | |
| 1. Has your doctor ever told you that you have a heart condition and should only do physical activity recommended by a doctor? | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. Have you ever felt pain in your chest when you do physical exercise? | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. Have you ever felt pain in your chest when NOT exercising? | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. Have you ever suffered from unusual shortness of breath while resting or during mild exercise? | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5. Do you often feel faint, have dizzy spells, or lose consciousness? | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 6. Has your doctor ever told you that you have a bone or joint | <input type="checkbox"/> Yes <input type="checkbox"/> No |

Learning Aim

C Measurement and Technology (Part 1)

 4 min 37 seconds




Learning Aim

C Macronutrients (Part 2)

 5 min 13 seconds

Learning Aim

C Macronutrients (Part 3)

 2 min 23 seconds


Learning Aim

C Drinking (Part 4)

 4 min 7 seconds

Learning Aim

C Nutritional Strategies for Training Programmes (Part 5)

 4 min 52 seconds

Learning Aim

D Components of Fitness
(Part 1)

⌚ 3 min 41 seconds

Aerobic endurance training

Fartlek training

Learning Aim

D Training and Skill-Related Components of Fitness
(Part 6)

⌚ 4 min 21 seconds

Learning Aim

D Methods of Training (Part 2)

⌚ 3 min 56 seconds

Learning Aim

E Training Programme
Design

⌚ 3 min 43 seconds

SMARTER objectives

Specific
Measurable
Achievable
Realistic
Timed
Exciting
Recordable

Learning Aim

D Training Principles (Part 3)

⌚ 5 min 26 seconds

Learning Aim

D Core Stability, Flexibility and Speed (Part 4)

⌚ 4 min 47 seconds

Learning Aim

D Training and Skill-Related Components of Fitness
(Part 5)

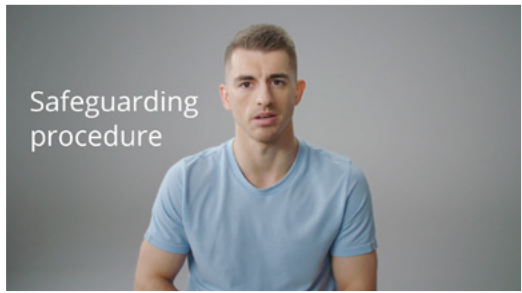
⌚ 4 min 21 seconds

Unit 3. Professional Development in the Sports Industry

Learning Aim

A Career opportunities in Sport

⌚ 5 min 36 seconds



Learning Aim

B Skills audit

⌚ 4 min 21 seconds



Learning Aim

C & D Recruitment

⌚ 3 min 42 seconds

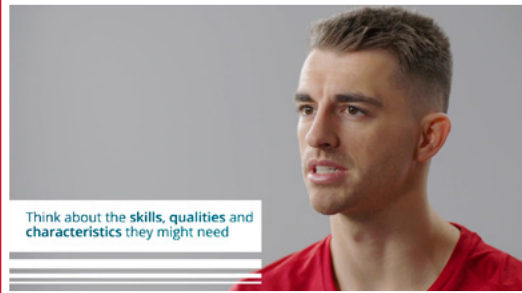


Unit 4. Sports Leadership

Learning Aim

A Effective sport leadership

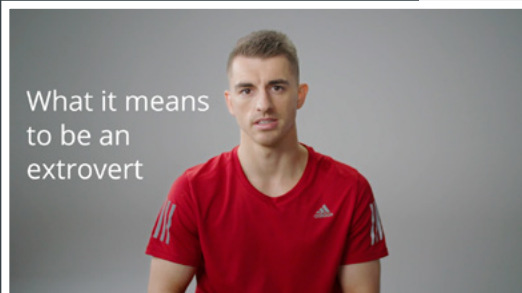
⌚ 4 min 59 seconds



Learning Aim

B Psychology in Sports Leadership (Part 1)

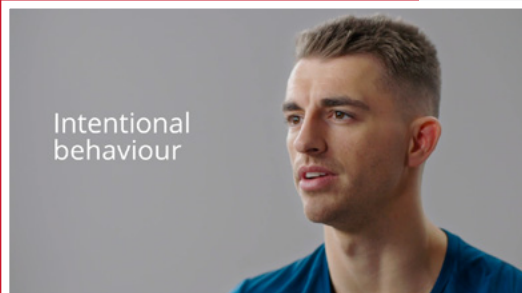
⌚ 5 min 20 seconds



Learning Aim

B Psychology in Sports Leadership (Part 2)

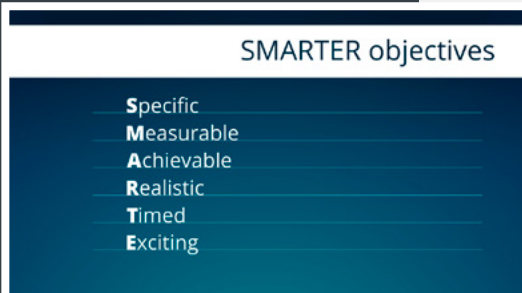
⌚ 5 min 0 seconds



Learning Aim

C Effective leadership styles

⌚ 5 min 8 seconds



Unit 5. Application of Fitness Testing

Learning Aim

A Principles of fitness testing

⌚ 5 min 16 seconds

Skill-related fitness

Agility
Balance
Coordination
Power
Reaction times



Learning Aim

B Tests for fitness (Video 1 of 2)

⌚ 5 min 20 seconds

Body Mass Index (BMI) test

$$\frac{100\text{kg}}{2\text{m}^2} = 25 \text{ kg/m}^2$$

Learning Aim

B Tests for fitness (Video 2 of 2)

⌚ 5 min 36 seconds

Balance tests

• Stork stand test



Learning Aim

C Evaluating fitness test results

⌚ 5 min 17 seconds

Test sequence guidelines

Muscular strength

Muscular endurance

Unit 6. Sports Psychology

Learning Aim

A Understand how personality, motivation and competitive pressure can affect sport performance

⌚ 1 min 34 seconds

Social Learning Theory

(Situational Learning Theory)



Learning Aim

A Understand how personality, motivation and competitive pressure can affect sport performance

⌚ 1 min 34 seconds

Unit 6 Sports Psychology

Learning Aim A:
Sports Performance under
Competitive Pressure

Learning Aim

B Examine the impact of group dynamics in team sports and its effect on performance

⌚ 1 min 34 seconds

Social cohesion

liking one another and
getting on well



Learning Aim

C Explore psychological skills training programmes designed to improve performance

⌚ 1 min 34 seconds

Unit 6 Sports Psychology


Psychological skills training programmes
designed to improve performance

Unit 22. Business in Sport and Active Leisure

Sport 2016 Externally Assessed Unit 

Learning Aim

A Features of Sport and Leisure Business

 5 min 29 seconds

Customer groups



Learning Aim

B and C

Business Models and HR

 5 min 26 seconds

Types of employment

Part-time
Full-time
Seasonal work

Learning Aim

D Marketing

 5 min 0 seconds

The seven Ps



Learning Aim

E Finance

 3 min 12 seconds

Financial records



Additional resources to support your learners

We know it can be time-consuming to create lessons that work for all learners, encouraging independent learning and preparing them for assessment. That's why our resources are designed to **support learners at every step**, to help them reach their full potential.

Features in the Learner Book, for instance, help them build knowledge, excel in assessment, reflect and evaluate, and link their learning to real-life workplaces.

The Teaching Pack provides additional support for planning and delivery, plus activities which include 'Stretch' and 'Extend' features to **help learners flourish**.

Find out more about the BTEC Nationals in Sport resources



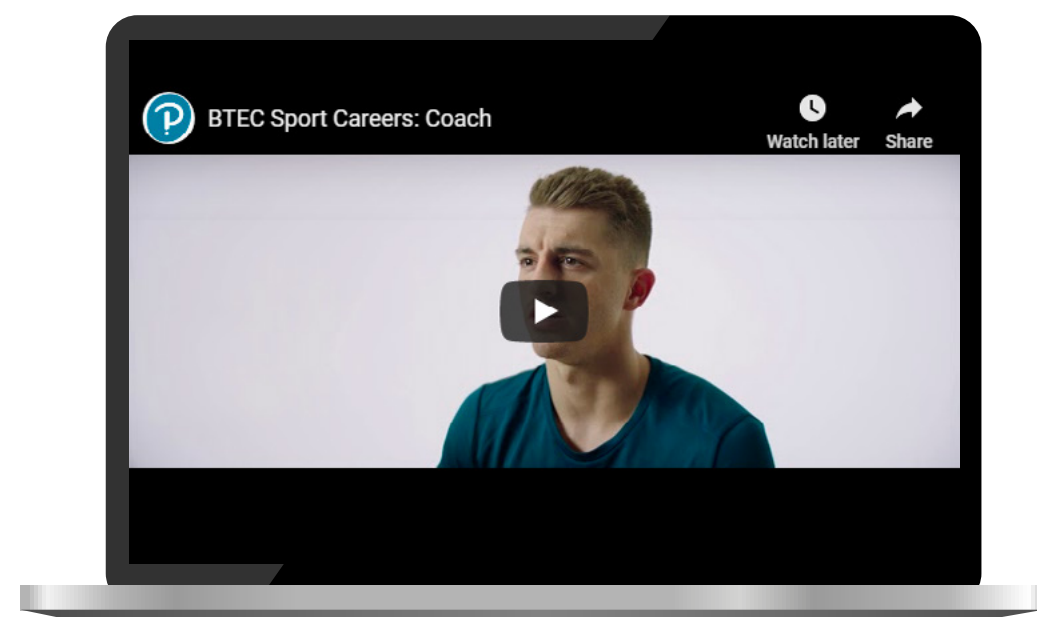
Careers in sport

The sport industry is all about people enjoying sport, keeping fit and improving their health and fitness.

Jobs in this sector can be in professional sport, either playing or coaching at different levels. Alternatively, you could work in health promotion through sport and the study of sports science, or perhaps take a fitness role in a gym delivering group or one-to-one training sessions and exercise classes.

In a **series of short videos**, Max explains the skills needed to start different careers in the industry and how they've helped him get to where he is. They're skills your students learn with a BTEC.

Watch the Careers videos



A note from Pearson

In order to ensure that this resource offers high-quality support for the associated Pearson qualification, it has been through a review process. This process confirms that this resource fully covers the teaching and learning content of the specification or part of a specification at which it is aimed. It also confirms that it demonstrates an appropriate balance between the development of subject skills, knowledge and understanding, in addition to preparation for assessment.

The resource does not cover any guidance on assessment activities or processes (e.g. practice questions or advice on how to answer assessment questions), included in the resource nor does it prescribe any particular approach to teaching or delivery of the related course.

While Pearson have made every attempt to ensure that advice on the qualification and its assessment is accurate, the official specification and associated assessment guidance materials are the only authoritative source of information and should always be referred to for definitive guidance.

Pearson examiners have not contributed to any sections of this resource relevant to examination papers for which they have responsibility. Examiners will not use endorsed resources as a source of material for any assessment set by Pearson.

This resource is a form of support and does not mean that the resource is required to achieve this Pearson qualification, nor does it mean that it is the only suitable material available to support the qualification, and any resource lists produced by the awarding body shall include this and other appropriate resources.