



Getting Ahead – Pre-course Work

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Sport Level 3 Extended Diploma

Welcome to the Sports Level 3 Extended Diploma here at Brockenhurst College. We are excited to work with you this coming year and help you develop the knowledge to reach your full potential. Coming with the right mindset is vital to your success, and beginning the year with an understanding of what is expected will help the transition.

Within this course you will be completing various assignments and exam across a range of subjects such as **Anatomy and Physiology, Fitness Training and Programming, Sports Psychology, and Practical Sports Performance.**

Within these subjects you will be researching and learning about topics such as training methods and health screening, Arousal and confidence in sporting athletes, how the body works, and how we produce energy for various sporting needs.

In preparation for the start of the course, please complete the tasks set below and have them with you to hand in during your first week of college in September.

These tasks should take you approximately **four and a half hours** to complete and are designed to give you an introduction to the subject, and the expectations we have for you to complete at least four and a half hours of independent study, per subject, per week.

Sports Psychology

Task (Psychology): Mindset of a Winner



Using the video entitled *Winners Don't Make Excuses*, please complete a 500-word typed summary of what you have taken from this video and how you can apply the mindset to your



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first semester at college. Also include how you apply some of these qualities discussed in your current life. Include examples to support you work of how you apply them.

Anatomy and Physiology

Task: The Olympic Games and Anatomy behind the various sports

Now the Olympic Games has concluded, we would like you to take a closer look at the various sports and components of fitness that they require. With the variety of sports from weightlifting, to sailing and more athletes are required to perform a wide range of movements and physical needs.

Your task is to investigate the following sports Badminton, Weightlifting, Gymnastics, and beach Volleyball and discuss in a 500 word paper the various components and fitness, and muscle fibres required. Provide sporting examples and movements such as the smash in badminton.

The Components of fitness that need to be considered are.

- Speed, Strength, Cardiovascular Endurance, Muscular endurance, Power, and Flexibility, and finally Body Composition.

Muscle Fibres to research are:

- Type 1, Type 2A and Type 2B

Nutrition and Health and Wellbeing

Topic: What makes a balanced diet?

As part of the exam unit Fitness Training and Programming you are required to analyse a person's diet and decided whether it is healthy and balanced or not. In order to do this we need to know what foods fit into which categories and the quantity of each one.

Task 1: Using the NHS guidance based around the Eat Well Plate you need to create a **poster** using word that covers the various foods in each section of the plate. You need to cover the % of macronutrients that help make up a balanced diet.

Task 2: You also need to investigate hydration and the importance of staying hydrated. What are the impacts and health risk of a lack of water and how can drinks such as Monster and other energy drinks have a negative impact on our health. Complete the following in a 500-word document of your choice. Word or PowerPoint presentation.

Skills Classification in Sport

In various units over the course of year you will be learning about the different classifications of skills and making links to sporting performance. In preparation for this your task is to research what the various skills' classifications there are and explain how they are used in



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different sports. For example, a closed skill of a snooker shot. The Classifications are below for you to investigate in a word document. Make sure to provide sporting examples for each classification. This link will help you get started in finding out about each one.

1. Closed Skills
2. Open Skills
3. Continuous Skill
4. Serial Skills
5. Discrete Skills.
6. Gross Skill
7. Fine Skill
8. Internal and External Paced Skills



Final preparations

Getting Equipped

You will need the following:

- A Ring Binder Folder and Plastic Wallets to collate work completed in lessons.
- You will need a pencil case that has the following items to be used in lessons.
- Pens, Pencils, Highlighters, rubber, and a calculator would be very helpful.
- Dividers for you to separate your folder into units and teachers. This will help organise you study and allow you to keep on top of thing.