

Preparation for Year 12 Sport



Laverian
College

Btec Sport

The Btec sport is a very flexible course and can be studied alongside 2 other A-levels (Extended Certificate) 1 other A Level (Diploma) or as a complete pathway (Extended Diploma) at Xaverian. We have had outstanding success over many years on our Btec pathway and a vast majority of students have used this to progress onto higher education degree courses and successful careers thereafter.

In order to help you transition from high school to college below are a range of online resources linked to a variety of units that will help with your Btec sport Course



Unit 1 - Anatomy and Physiology

[Anatomy colouring pages](#) - Print off and colour the anatomical diagrams of the heart, lungs and human systems.

[Body systems](#) - Video on the different body systems located in the human body.

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

Keep up the training! Take some baseline measurements (Height, weight, Resting heart rate) and plan and do a fitness programme for yourself or a family member.



Unit 3 - Professional Development in the Sports Industry

What do you want to do as a career?

Below are a number of websites linked to careers in sport and to prominent university courses for sports degrees. Take a look and see what you get paid, the hours worked and what do you need to get you there!

<https://www.indeed.co.uk/Sport-jobs>

<https://www.uksport.gov.uk/jobs-in-sport?sort=n>

<https://careers-in-sport.co.uk/jobs/>

[Barclays life skills](#) is an excellent way of enhancing your employability - it can help with CV writing, skills and interview audits and giving you the skills to develop in employment.

Physiotherapy

University of Birmingham [Bsc \(Hons\) Physiotherapy](#)

University of Salford [Bsc \(Hons\) Physiotherapy](#)

Sheffield Hallam University [Bsc \(Hons\) Physiotherapy](#)

Sport Science

Loughborough University [Bsc \(Hons\) Sport and exercise science](#)

Manchester Metropolitan University [Bsc \(Hons\) sport and exercise science](#)



Unit 4 - Sports Leadership

Who do you aspire to be like? What makes them a successful leader?

Research the two of the following individuals (different sports) and what makes them who they are.

Football - Guardiola, Klopp or Ferguson

British Cycling - Dave Brailsford

Rugby Union - Sir Clive Woodward

Netball - Tracey Neville

American Football - Bill Belichick



Other sites of interest.

Maintaining an overall view of sport will only benefit you on your Btec sport course. Below are numerous websites I would recommend you check in on and read from time to time.

- BBC Sport <https://www.bbc.co.uk/sport>
- UK anti doping agency <https://www.ukad.org.uk/>
- English Institute of sport <https://www.eis2win.co.uk/>
- Sport England <https://www.sportengland.org/>
- Uk sport <https://www.uksport.gov.uk/>
- Olympic games <https://www.olympic.org/>
- University <https://www.ucas.com/>
- Fitness <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- Academic content <https://www.brianmac.co.uk/>
- Academic content <https://www.topendsports.com/>