



The Thomas Hardy School

Summer Preparation Task

Sport BTEC Extended Certificate

Purpose of task:

Practical: To gain experience of analysing sporting performances with the focus on constructive criticism.

Theory: A writing activity to apply theoretical content to practical sporting examples.

Recommended resources:

Local sports clubs.

Online research.

Exercise physiology literature.

Task:

- 10 hours of coaching/volunteering within a sporting environment.
- Compile a log book of sporting and coaching experience.
- 500 words on 'The anatomical and physiological differences between Mo Farah and Usain Bolt'

Additional information:

Required Stationery and Equipment for BTEC Extended Certificate in Sport

Folders/writing equipment/lined paper.

Essential Resources

BTEC Sport Text Book, available for purchase from PE Department at the start of the course.

Involvement within a sport both practically and in the role of coach.

Recommended reading & activities list: Exercise Physiology and functional anatomy (Colin Clegg)

Deadline for Task: First lesson in week commencing 10th September 2018