



The Thomas Hardy School
Summer Preparation Task
BTEC Extended Certificate Sport

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.

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'

Recommended resources:

Local sports clubs.

Online research.

Exercise physiology literature.

Additional information:

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

Deadline for Task: First lesson in week commencing 11th September 2017