

Level 3 Sport and Exercise Science

Summer Tasks 2025

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1. Thinking of studying the Level 3 Sport and Exercise Science Course at Stamford College?

We teach the 2016 Pearson specification for the Sport and Exercise Science Level 3. If you want to find out more about the course and each of these units, you can find the full specification on the Pearson website:

https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-and-exercise-science/2016/specification-and-sample-assessments/9781446938089_BTEC_Nat_ExtDip_SES_SPEC_Iss2C.pdf

Course Content

Year 1 units to be covered:

- Specialised Fitness Training
- Functional Anatomy (Exam)
- Applied Sport and Exercise Psychology (Controlled External Assessment - Exam)
- Coaching for Performance and Fitness
- Applied Research Methods in Sport and Exercise Science
- Physical Activity for Individual and Group based Exercise

Year 2 units to be covered:

- Sports Injury and Assessment
- Sport and Exercise Physiology (Exam)
- Field and Laboratory-based Fitness Testing
- Nutrition for Sport and Exercise Performance (Controlled External Assessment - Exam)
- Sports Massage
- Biomechanics in Sport and Exercise Science

2. Tasks to complete

In order to prepare for the course, you need to complete the tasks in this booklet. Before you begin, find a folder to store this booklet or keep it secure electronically and all the notes that you make on the tasks. **You need to bring in this folder (or be able to share this) at the start of the course on Monday 1st September 2025.** Make sure that your notes are neat and well-organised!

Most of the content in these tasks will be directly assessed and it will help to prepare you for the Sport and Exercise Science course.

BTEC: UNIT 2 FUNCTIONAL ANATOMY

Learners explore how the anatomy of the cardiovascular, respiratory, skeletal and muscular systems function to produce movements in sport and exercise.

This unit is assessed by a written examination set and marked by Pearson. The examination will be one hour and 30 minutes in length. The number of marks for the assessment is 60. The paper will contain a number of short and long answer questions that will assess learners' understanding of the anatomy of the cardiovascular, respiratory, skeletal, and muscular systems. Learners will use their knowledge and understanding of the different systems to analyse how they produce movements in sport and exercise, including how they interrelate to carry out those movements.

Key Words for each learning outcome!

Understanding the command words for different levels is vitally important for success. Below are the assessment outcomes and the sample words that may be used in your exam for the different levels. Fill in the definition of these words on the right-hand side on the table for AO1, AO2, AO3 and AO4.

AO1 Demonstrate knowledge and understanding of the language, structure, characteristics and function of each anatomical system Command words: describe, give, identify, name, state Marks: range from 1 to 4 marks

AO2 Apply knowledge and understanding of the structure, characteristics and function of the anatomical systems in context Command words: describe, explain Marks: range from 2 to 4 marks

AO3 Analyse the anatomical systems' effectiveness in producing sport and exercise movements and evaluate their impact on performing movements successfully Command words: analyse, assess, evaluate, discuss, to what extent Marks: range from 8 to 14 marks

AO4 Make connections between anatomical systems and how they interrelate in order to carry out different exercise and sporting movements in context Command words: analyse, assess, evaluate, discuss, to what extent Marks: range from 8 to 14 marks

Task One: Define the Key Words for AO1

Give	
Describe	
Identify	
Name	
State	

Key Words for AO2

Describe	
Explain	

Key Words for AO3 and AO4

Analyse	
Assess	
Evaluate	
Discuss	
To what extent	

Task Two**Anatomical language**

Learners must understand anatomical language to describe different parts of the body in reference to their correct location.

Please have a go and define the key anatomical language that will guide you through the functional anatomy unit. You can use your research skills to help you.

Anterior	
Posterior	
Superior	
Inferior	
Medial	
Lateral	

Distal	
Proximal	
Supine	

Prone	
Deep	
Superficial	
Peripheral	

Unit 8: Specialised Fitness Training - Fitness Demands of Sport

For a chosen sport of your choice please fill in the table below:

Chosen sport:

Fitness Component	What is it? When is it used? Why is it required (importance)?	How will this fitness component influence their training programme?	What will their programme need to include? What training methods? Provide example exercises.
Cardiovascular Endurance			

Strength			
Muscular Endurance			
Explosive Power			
Speed			
Flexibility			

Task: Explain how the fitness demands influence the planning of an athlete's training. Completing this task will help you prepare for the first assignment for unit 8. Answer the questions using your own knowledge and information researched from the internet.

Unit 3 Applied Sport and Exercise Psychology

Task: Read the article on Mental Rehearsal in Sport (by clicking on the following weblink) and complete the tasks below: <http://psychology.iresearchnet.com/sports-psychology/psychological-skills/mental-rehearsal-in-sport/>

1. Summarise what Mental Rehearsal is and why it is beneficial to use it to help sports performance.

2. Explain what Imagery is and how it is used in sport. Give an example.

3. Explain how Observation is used in sport and give a sporting example.

4. Explain Self-Talk

5. Briefly explain how you could use the above mental rehearsal techniques in your sport

3. Extended Task

Research what careers the Sport and Exercise Science Course could lead too.

<https://www.youthemployment.org.uk/how-can-a-btec-get-you-into-a-sports-career-meet-yvan-zahui-personal-trainer/>

<https://targetcareers.co.uk/careers-advice/a-level-choices/1033936-taking-level-3-btec-sport-and-exercise-science>

<https://www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/sport-and-exercise-science>

https://www.bases.org.uk/imgs/bases_careers_guide_non_members_version622.pdf