

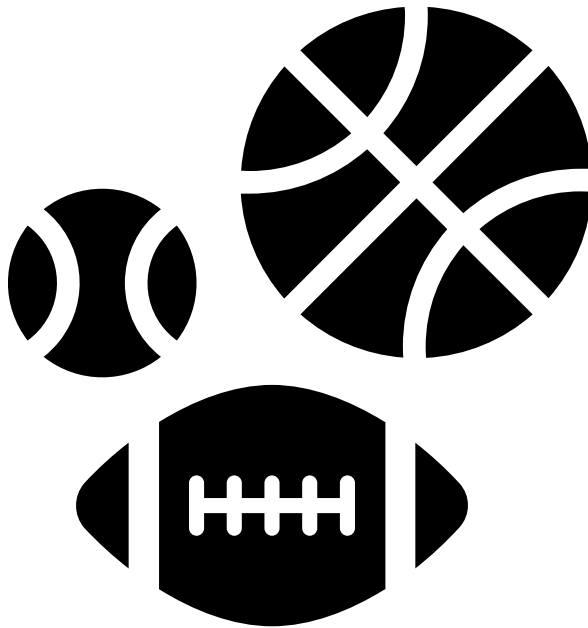


P. E. Department
**Southam
College**

Name: _____

LEVEL 3 BTEC SPORT

SUMMER PROJECT



SECTION 1: FITNESS TESTING

SECTION 2: LIFESTYLE FACTORS

Summer Project

The transition from working at a GCSE standard to L3 BTEC is significant, including an increasing emphasis on content, application to sport, extended answers and independent research.

The content and tasks within this project are all based on content studied in the first year of the Level 3 BTEC Sport course and are designed to support your preparation for the course.

SECTION 1: FITNESS TESTING

Big Question: Why is fitness testing important for sports performers?

Using a sports performer of your choice, rank order the components of fitness needed to be successful within that sport and justify your reasoning.

Research the different fitness tests required for the top 5 components of fitness from your list.

What is the normative data for each of these tests?

This information should be presented as a written report. Make sure you include an image of your sports performer.

SECTION 2: LIFESTYLE FACTORS

Big Question: What are the different lifestyle factors linked to sport and their impact upon a performer?

Research information on the following lifestyle factors:

Positive lifestyle factors: Exercise, balanced diet

Negative lifestyle factors: Smoking, alcohol, stress, sleep, sedentary lifestyle

Information on the factor:

- What is it?*
- What are the government recommendations for each?*
- What impact do they have on performance of an athlete?*

On each of the negatives – what are the health risks of each factor?

On each of the negatives – what are the strategies to quit/improve lifestyle?

Your above research should be placed into mind maps/posters to be displayed.