



**Year 11 into 12 BTEC Sport
Bridging Work**



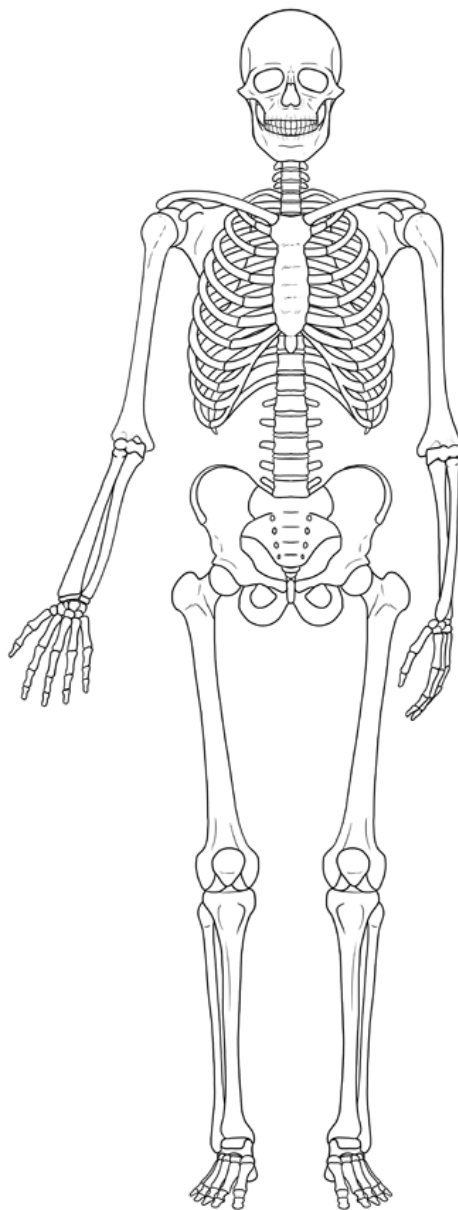
Subject	BTEC Sport
Awarding Body	Edexcel
Level	Level 3

Task 1



A1, Locate and label the following bones:

- Cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, femur, patella, tibia, fibula, tarsals, metatarsals.





Task 2

<https://www.youtube.com/watch?v=J0QHINPBuyQ>

Use the link. Take notes on the age and factors influencing bone density.

Do not know how to take notes? Use this link to help you. Cornell Notes -

<https://www.youtube.com/watch?v=ErSjc1PEGKE>

Time: 30 minutes

Name

Date:

Topic

Subject

Main Ideas:

Notes:

Summary:

Task 3



Read about the different types of bones in the body.

<https://www.teachpe.com/anatomy-physiology/types-of-bones>

Make notes to explain the **different types of bone** and their exercise related function.

<u>Type of bone</u>	<u>4 Types of Bone</u>	<u>Categorised bones.</u> <u>Examples of bones in</u> <u>this group</u>	<u>Specific Function</u>
	<p>Long bones</p>	<ul style="list-style-type: none"> • Humerus • Radius • Ulna • Femur • Tibia • Fibula 	
	<p>Short bones</p> <p>Metacarpals</p>	<ul style="list-style-type: none"> • Carpal • Tarsals • Talas 	
	<p>A baby's skull has the gaps between the skull plates.</p> <p>The adult skull is now fused.</p>	<ul style="list-style-type: none"> ■ Cranium ■ Clavicle ■ Scapula ■ Sternum ■ Ribs ■ Pelvis 	
	<p>Quadriceps muscle</p> <p>Retinacula</p> <p>Patellar tendon</p> <p>Kneecap (patella)</p>	<ul style="list-style-type: none"> ■ Patella 	
	<p>Cervical vertebrae</p> <p>Thoracic vertebrae</p> <p>Lumbar vertebrae</p> <p>Sacrum</p> <p>Coccyx vertebrae</p>	<ul style="list-style-type: none"> ■ Vertebrae 	

Task 4



Make notes on the types of bone and the overall function of the skeleton.

<https://www.youtube.com/watch?v=mMecn9S4zW4>

Cornell Notes - <https://www.youtube.com/watch?v=ErSjc1PEGKE>

Name	Date:
Topic	Subject

Main Ideas:	Notes:
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Summary:

Task 5

Research the following bone functions:

Use each of the functions mentioned below and describe how they assist performance.

Skeleton Function	Describe the function and explain the benefit to the performer.
Supporting framework	
Protection	
Attachment for skeletal muscle	
Source of blood cell production	
Store of minerals	
Leverage	
Weight bearing	
Reduce friction across a joint.	

Extension Work and Wider Reading

Watch –

You Tube - Unit 1: Body systems - work your way through all the different videos

https://www.youtube.com/watch?v=S-TE_3iYBck&list=PLcdQDUUQX_4vcifsRu-iOyqZsxtlOsWxy

Television

- **Gamechangers (Netflix)** – A really interesting film which looks at uncovering the truth about meat, protein and strength, showcasing elite athletes and cutting edge science.
- **Icarus. 2017**- A film around doping within sport and current issues surrounding the use of drugs within sport.
- **Stop at Nothing 2014** – Filmmaker Alex Holmes creates an explosive portrait of disgraced cyclist Lance Armstrong.
- **The Program** (film) – Story of Lance Armstrong and doping scandal.
- **Live Sporting Events**- This will support how you show your understanding by using current examples from sport.
- **Olympics** – current barriers athletes are facing and how the sporting world is continuing amidst the coronavirus pandemic.
- **Sir Alex Ferguson (Netflix)** – Secrets of Success
- **The Last Dance (Netflix)** – Michael Jordan’s highs and lows
- **All or Nothing (Amazon Prime)** – Various stories about the successes of different teams in different sports.

TED Talks - [Ideas about Sports \(ted.com\)](https://www.ted.com/topics/sports) – A variety of TED talks covering sporting topics.

- **Why winning doesn’t equal success -**

[Valorie Kondos Field: Why winning doesn't always equal success | TED Talk](#)

Valorie Kondos Field knows a lot about winning. As the long-time coach of the UCLA women's gymnastics team, she won championship after championship and has been widely acclaimed for her leadership. In this inspiring, brutally honest and, at times, gut-wrenching talk, she shares the secret to her success. Hint: it has nothing to do with "winning."

- **To overcome challenges - stop comparing yourself to others**

[Dean Furness: To overcome challenges, stop comparing yourself to others | TED Talk](#)

When you stop comparing yourself to others, you can accomplish great things, says wheelchair athlete Dean Furness. He shares how, after losing the use of his legs in an accident, he discovered a powerful new mindset focused on redefining his "personal average" and getting better little by little.

- **Are athletes getting faster, better, stronger?**

[David Epstein: Are athletes really getting faster, better, stronger? | TED Talk](#)

When you look at sporting achievements over the last decades, it seems like humans have gotten faster, better and stronger in nearly every way. Yet as David Epstein points out in this delightfully counter-intuitive talk, we might want to lay off the self-congratulation. Many factors are at play in shattering athletic records, and the development of our natural talents is just one of them

- **How playing sports benefits your body and mind**

[Leah Lagos and Jaspal Ricky Singh: How playing sports benefits your body... and your brain | TED Talk](#)

The victory of the underdog. The last minute penalty shot that wins the tournament. The training montage. Many people love to glorify victory on the field, cheer for teams, and play sports. But should we be obsessed with sports? Are sports as good for us as we make them out to be, or are they just a fun and entertaining pastime? Leah Lagos and Jaspal Ricky Singh show what science has to say on the matter.

- **What open water swimming taught me about resilience?**

[Bhakti Sharma: What open water swimming taught me about resilience | TED Talk](#)

Dive into the deep with open water swimmer Bhakti Sharma, as she shares what she learned about resilience during her personal journey from the scorching heat of Rajasthan, India to the bone-chilling waters of her record-breaking swim in Antarctica and her courageous crossing of the English Channel. "In the middle of the ocean, there is nowhere to hide," Sharma says.

Reading

General Reads

- Black Box Thinking – Matthew Syed
- The Greatest – Matthew Syed
- Legacy – James Kerr

Body Systems:

- Bartlett R (2014) Introduction to Sport Biomechanics
- Marieb E (2015) Human Anatomy and Physiology
- Palastanga (2012) Anatomy and Human Movement; Structure and function

Sports coaching and leadership:

- Martin B Cashel et al (2006 Outdoor leadership, theory and practices)
- Prentice E et al. (2012) Sports Leadership: Winning with your mind
- Roe K (2014) Leadership: Practice and Perspectives

Improving fitness for sport:

- Bean A (2013) The complete guide to Sports Nutrition
- Bean A (2015) Which Sports Supplements really work
- Coulson M (2013) Complete guide to personal Training