



# Sport

## Essential Information

**Exam Board:** Pearson BTEC National Diploma (Double) and Extended Diploma (Triple) in Sport

**Specification Code:** 601/7422/5 601/7218/6

**Teachers:** Mr Atkins, Miss Colwell, Mr Hornibrook, Mrs Lumbard, Miss Potter, Miss Rushin, Miss Smeed

## Reading

Exam units for Sport focus on Anatomy and Fitness Training, you need an understanding of the important body systems and the training required to improve.

## Task to be completed:

**TASK - Anatomy** (Use the QR codes below to help)

Muscular and Skeletal systems - Draw and label the major muscles and major bones of the body.

### Part 1: Name It & Frame It

- **Task:** Create a **Presentation**, choose **10 bones** and **10 muscles** from the human body.
  - Write the **correct name**
  - Identify its **location** (e.g., upper limb, axial skeleton)
  - Describe its **function in sport** (e.g., "The quadriceps extend the knee during a football kick")

### Part 2: Label the Athlete

- **Task:** Select your favorite athlete from sport, use a full-body image of them in action.
- Label at least **10 bones and muscles**, clearly showing their location on the body.
- Include short notes explaining **how each is used** in the movement (e.g., "Biceps – flex the elbow to prepare for a basketball shot").

### Part 3: Quiz Creation Challenge

- **Task:** Create a 10-question interactive quiz for your classmates.
- Use Google Forms or create a physical flashcard-style quiz.
- Questions should mix **of question styles**

## What else could I do to prepare?

### Read

- **How the Body Works**  
Peter Abraham
- **The Little Black Book Of Training Wisdom** -  
Dan Cleather
- **Atomic Habits:**  
James Clear

### Watch

- **Icarus**
- **The Human Body Secrets of Your Life Revealed**
- **Fittest on Earth**
- **I Am Bolt**
- **Court of Gold**

### Listen

- **The High Performance Podcast**
- **The Science of Sport Podcast**
- **The Physical Performance Show**



**All tasks to be handed in during the first lesson of a subject in September**