



## Sport and Exercise Science

### Essential Information

**Exam Board:** Pearson BTEC National

Extended Certificate in Sport and Exercise Science

**Specification Code:** 603/0444/3

**Teachers:** Miss Colwell, Mrs Lumbard, Mr Atkins

### Reading

Sport and Exercise Science have 2 units to complete each year. Psychology and Biomechanics, Coaching and Anatomy. It is important to come prepared with knowledge of the key terms of the human body so the task below is essential.

### Task to be completed:

#### Match & Sketch

- Choose **10 muscles** and **10 bones** from the human body.
- Draw a simple **stick figure** or use a printed body outline.
- **Label** the selected muscles and bones accurately.

#### Sporting Action Link

- For each **Muscle and Bone** create a label and write:
  - A **sporting example** where that muscle or bone is used.
  - The **type of movement** or action
    - e.g., "Hamstrings – flex the knee in sprinting").

#### Mini Quiz Creator

- Create **10 quiz questions** to test your classmates on the **Skeletal and Muscular systems**
- Example formats:
  - "Which bone is found in the upper arm?"
  - "Name a muscle responsible for shoulder abduction."
  - "What is the role of the quadriceps in jumping?"

What you will need to submit:

- A picture with 20 muscles and bones
- Labels with sporting examples and types of movement
- 10 Quiz Questions

### 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

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

#### 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**