

A Level Sport

Part A - Bridging Work Task

This is a fantastic opportunity to expand your understanding of Sport as you prepare for enrolment and for starting at Franklin in September.

Please complete the work and bring a copy to your enrolment, either printed or electronically.

The work will take you around **2 hours** so plan your time to best suit you.

How do I complete and submit my task?	Complete the tasks on paper/handwritten or digitally and bring a copy either paper or electronically to your enrolment appointment, also take this to your first lesson in September. If you did not attend the Taster Day don't worry – this isn't essential for completing this work but, please ensure that you have completed this bridging work.
Introduction to your Bridging Task	Anatomy and Physiology includes topics such as; cardiovascular system, respiratory system, neuromuscular system, musculoskeletal system and energy systems. One third of the first year will be learning about these systems and applying them to practice. The last two thirds will be covering skill acquisition and sports psychology. You will have 2 written external exams at the end of year 2 on all the topics.

Task details	<p>Muscles</p> <ul style="list-style-type: none"> - Find a blank diagram of the muscles. Print out and label as many muscles as possible. Use this website to help you with this task <p>Muscle Anatomy (shapesense.com)</p> <ul style="list-style-type: none"> - There are three types of muscle fibres (type 1, type 11a and type 11x), open a word document and for each type describe their characteristics, functions and sporting examples when they are predominantly used. Please watch this video to help you with this task; <p>Muscle Fibre Types (& Henneman's Size Principle) Muscular System 05 Anatomy & Physiology (youtube.com)</p> <p>Types of Joints</p> <ul style="list-style-type: none"> - On the same word document, describe the ball and socket and hinge joints and sporting examples when they are used. <p>Planes and Axes</p> <ul style="list-style-type: none"> - There are three planes (sagittal, frontal and transverse) and 3 axes (transverse, sagittal and longitudinal). Draw, label and explain all 6 and how they are applied in sporting examples.
Resources to help you with the Bridging Task	<p>Muscle Anatomy (shapesense.com)</p> <p>Muscle Fibre Types (& Henneman's Size Principle) Muscular System 05 Anatomy & Physiology (youtube.com)</p> <p>https://www.youtube.com/watch?v=moP483UxRQ8</p>
Extension Tasks	
Extension Tasks to stretch and challenge you	<ul style="list-style-type: none"> - If you would like to complete further work on the muscular system, research the joint actions in the planes and axes.
Massive Open Online Courses (MOOCs)	

BTEC Sport Part B – Preparing for Studying at Franklin

A fantastic opportunity to widen your understanding of the course.

Examining Board and Specification	<p>This course follows AQA A Level Physical Education specification. AQA website, including the full specification: https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification-at-a-glance</p> <p>We cover the following topics:</p> <ol style="list-style-type: none">1. Applied anatomy and physiology2. Skill acquisition3. Sport and society4. Exercise physiology5. Biomechanical movement6. Sport psychology7. Sport and society and the role of technology in physical activity and sport <p>Studying this course will give you a wide range of skills:</p> <ul style="list-style-type: none">• Demonstrate knowledge and understanding of factors that underpin performance and involvement in physical activity and sport• Apply knowledge and understanding of factors that underpin performance and involvement in physical activity and sport• Analyse and evaluate factors that underpin performance and involvement in physical activity and sport• Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance <p>Progression after this course:</p> <p>This qualification will allow you to study a wide range of courses at university, such as Sport and Exercise Science, Sport and Exercise Psychology and Physical Education and so on.</p> <p>There are many different careers that students go into after studying PE including Teaching, Performance Sports Scientist, PT, Sports Journalism, Sports Development officer and so on.</p>
Preparing for the course	<p>https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/introduction</p> <p>https://sites.google.com/view/mrwrukpe/gcse-pe/component-1-fitness-and-body-systems/cardiovascular-system?pli=1</p> <p>https://sites.google.com/view/mrwrukpe/vcert-health-fitness/unit-1-principles-of-health-fitness/respiratory-system-vcert</p>

