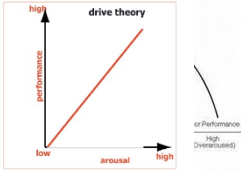



Sport & Exercise Science BTEC Extended Diploma/Diploma – Preparatory Work 2026

<p>UNIT 2: Anatomy</p> <p>Year 1 External Assessment 60 marks 1.5 Hour Exam</p>	<p>COMPLETE</p> <p>Task 1: Create a table for the 3 main synovial joints.</p> <table border="1" data-bbox="665 365 1420 550"> <tr> <td>Description</td> <td>Ball & Socket</td> <td>Hinge</td> <td>Condyloid</td> </tr> <tr> <td>Examples in the body</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Articulating Bones</td> <td></td> <td></td> <td></td> </tr> </table> <p>Task 2: Look up what these joint movements are. Describe and give a sporting example. Present in table form.</p> <table border="1" data-bbox="665 695 1420 807"> <tr> <td>Movement</td> <td>Description</td> <td>Sporting Example</td> </tr> <tr> <td>E.g Flexion</td> <td>Decreasing the angle at a joint</td> <td>Upward phase of a bicep curl</td> </tr> </table> <p>Flexion/Extension/Abduction/Adduction/ Horizontal Flexion/Horizontal Extension/Medial Rotation/Lateral Rotation/ Circumduction/Dorsiflexion/Plantar flexion</p> <p>Task 3: What are the antagonistic pairs of muscles at each of these joint? Present in table form</p> <ol style="list-style-type: none"> 1. Shoulder joint 2. Ankle Joint 3. Elbow Joint 4. Wrist Joint 5. Hip Joint 6. Knee <p>Note: There may be more than one movement at each joint</p>	Description	Ball & Socket	Hinge	Condyloid	Examples in the body				Articulating Bones				Movement	Description	Sporting Example	E.g Flexion	Decreasing the angle at a joint	Upward phase of a bicep curl	<p>WATCH</p> <p>Joints and Movements by James Morris</p> <p>Joint action and muscles - YouTube</p> <p>Time: 30 MINS</p>	<p>READ</p> <p>Brianmac.co.uk Anatomy and Physiology</p> <p>The Skeletal System Physiology - Skeletal System (brianmac.co.uk)</p> <p>The Muscular System Physiology Muscular System (brianmac.co.uk)</p> <p>Time: 30 MINS</p>
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BTEC Extended Diploma/Diploma in Sport and Exercises Science – Enrolment Work

<p>UNIT 3: Applied Sports Psychology</p> <p>Year 2 External Assessment 60 marks 3 Hour Exam</p>	<p>COMPLETE</p> <p>Watch the video, then complete the tasks:</p> <p>Task 1: Describe the following theories of arousal.</p> <p>a) Drive Theory b) Inverted U Hypothesis</p> 	<p>WATCH</p> <p>Theories of Arousal – James Morris Theories of Arousal - YouTube</p> <p>Time: 15 MINS</p>	<p>READ</p> <p>Drive Theory - PE A-level - Revision World</p> <p>Inverted U Theory - Physical Education - Revision World</p>
<p>UNIT 6: Sports Coaching for performance and fitness</p> <p>Year 1 Internal Assessment 3 x Assignments</p>	<p>COMPLETE</p> <p>Task</p> <p><i>What Makes an Effective Coach?</i> Write a short reflection (approx. 250–300 words) answering the following:</p> <ul style="list-style-type: none"> Choose a coach (from school, TV, sport, or real life) you admire. Describe their coaching style and approach. Why do you think they are effective? What type of coach would you want to be and why? 	<p>WATCH</p> <p>1. Watch (15 mins):</p> <p>Video: “What Makes a Good Coach?” – Sky Sports Link: https://www.youtube.com/watch?v=eQbRWBIAV5I</p> <p> While watching, make notes on:</p> <ul style="list-style-type: none"> What different coaching styles or techniques are mentioned? How do the athletes describe the best coaches they've had? What qualities do professional players say make a coach effective? 	<p>READ</p> <p>Read (15 mins):</p> <p>Article: “The Four Coaching Styles” – Athlete Assessments</p> <p>Link: https://www.athleteassessments.com/four-sport-coaching-styles/</p> <p>While reading, make notes on:</p> <ul style="list-style-type: none"> The four coaching styles: directive, supportive, casual, and persuasive Key characteristics of each style

			<ul style="list-style-type: none">• Which coaching style do you relate to most, and why?
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