



Y12 Btec Sport Summer Project

As part of your induction into Y12 you will be required to complete a research project that you will need to hand in to each of the teachers highlighted below. The project is based on the Tour de France and should take around 2 hrs to complete (1hr for each of the two different units for year 12). The aim of the research task is to ascertain your ability to work individually researching information about this subject, to do this you will need to gather research from a number of different sources. This is a crucial skill if you are to be successful on the BTEC Level

3 Extended Certificate course and in Guilsborough Sixth form. If you have any problems in completing the project then you will need to contact the following via email: Mr Woolridge woolridge@guilsborough.northants.sch.uk for Unit 3 and Miss Boyer boyer@guilsborough.northants.sch.uk for unit 1.

Unit 3: Professional Development in the Sports Industry – Mr Woolridge

The Tour De France is increasingly popular to watch by members of the public. As a result more and more people every day are taking up cycling competitively and as a hobby. In October 2014, British Cycling achieved a membership of 100,000 people. Since 2007 it is believe that 700,000 people cycle at least once a month and the cycling industry contributes £3 billion to the UK economy.

**** If you would rather research/consider a different sporting event as a scenario then please do so. Make sure you link the questions to your chosen scenario/event.**

Part 1: Research what has caused this massive increase in the popularity of cycling? What employment opportunities are there in cycling?

In the Tour De France each cyclist will have a sports therapy and injury management specialist who will monitor their performance and treat any injuries they may have.

Part 2a: How would you become a sports therapy and injury management specialist? What routes would you have to take? **Hint:** work experience, university and affiliations.

Part 2b: Mark Cavendish is looking for a Sports therapy and injury management specialist. Complete a Job description for a Sports Therapist.

Assessment Criteria	
A.P1	Explain the different career pathways, the associated job opportunities and their requirements in the sports industry.
A.P2	Explain the development pathway into a selected career in the sports industry.
A.M1	Analyse the professional development requirements and opportunities for specialism or promotion in different career pathways and the associated job opportunities in the sports industry.

Some Useful Website:

- <https://www.letour.fr/en/>
- <https://www.prospects.ac.uk/job-profiles/sports-therapist>
- <https://www.bbc.co.uk/news/business-35101252>
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Unit 1: Anatomy & Physiology – Miss Boyer

Part 1:- Find a picture of a cyclist from the Tour de France in action.

On the picture....

- Identify the main bones that are used for this sport. (Full anatomical names are required).
- Identify the main Synovial joints (pivot, hinge, etc.) that you can see in the picture and the movement patterns taking place (flexion, abduction etc.). Bending the knee is not acceptable

Part 2: Research muscle fibre types and discuss their importance in the different stages of the race (sprint stage, king of the mountains etc). In your work describe the structure and function of different muscle fibres and explain how an individual’s muscles fibres may influence the type of rider they are.

Part 3: create a mind map highlighting the long and short effects of cycling on the cardiorespiratory system. Ensure you separate the two systems.

Exam questions

Within the body there are different types of bone. One type is a sesamoid bone. The function of the sesamoid bone is to reduce friction across a joint.

1 State the function of the following **three** types of bone:

3 marks

Long

.....

Short

.....

Flat

.....

1 Analyse the impact of participation in netball on Eve’s skeletal system.

6 marks

FOLDERS: Please also ensure that you have a folder for each teacher. You will be required to have the specification unit outlines at the front of each folder and some dividers in each. Include any work you have done for induction in these folders. Also look into purchasing the text/revision book during the summer.



The book on the left is the most recent – as long as it has Unit 1, 2, 3, 4, 20 in you will be fine.