

Name: \_\_\_\_\_

## Year 11 into Year 12

### BTEC Sport (Double) Bridging Task



**GOODWIN**  
ACADEMY

To help you prepare for starting your BTEC Sport course in September you will be required to get familiar with scenarios that a fitness instructor may come in to contact with and have to use their expertise to improve the health and well-being of different clients.

To complete this task, you will need to read the scenario below and interpret it in your own way as a fitness instructor would. You may choose to give that person one method of training, while someone else would recommend a different method. There may not be a correct answer but you must be able to justify your reasons for selecting that method over another. Complete the questions in the table in relation to that scenario. You will need to research using the internet, trying to focus on using reputable websites and sources with good credibility. Please keep a list of the websites used in the relevant questions. **This completed task must be submitted on your first lesson for this subject.**

#### Client Scenario

Helen is a 48-year-old female. She works as a receptionist, spending eight hours a day sitting behind a desk. She drives two miles to work every day and does not take part in any exercise. Helen notices that her health is starting to deteriorate. She often feels tired and regularly suffers from chest pains. She has decided to see her general practitioner who will do a health assessment on her. Helen's blood pressure, resting heart rate, Body Mass Index (BMI) and waist to hip ratio were all measured as part of her health assessment. The doctor has suggested that her lifestyle is not appropriate and that she is at risk of developing coronary heart disease (CHD). Helen decides to change her lifestyle for the better as she does not want her condition to deteriorate any more. Her main aim is to increase her overall health and well-being.

Helen has a blood pressure of 160/95 mmHg; resting heart rate 85bpm; BMI 36; waist to hip ratio 0.93. She also smokes 5 cigarettes a day, and drinks 18 units of alcohol a week. She also has regular take-aways and unhealthy snacks; Helen also says that her work causes her stress.

Her aims are to improve her overall health and wellbeing. Also to do regular exercise and gradually improve her fitness.

<b>Fitness Instructor area of concern</b>	<b>Apply it!</b>
Take into consideration the aims of the client, what method of training would you suggest they use and why?	
Take into consideration the type of job for the client. How will this effect training for those aims? Can benefits be had from how they travel to work?	

Take into consideration the physical health and mental well-being of the client, how will training benefit them or will it make it more difficult.	
Take into consideration the FITT principle; how might you plan a typical week for the client considering the training methods you have selected and the information you can get from the scenario.  You must give information on every part of FITT.	
Take into consideration the SPORT principle: give reasons for selecting the training methods for the client considering the information you can get from the scenario.  You must give information on every part of SPORT.	
Take into consideration healthy eating guidelines and what might be appropriate for the client's lifestyle.	
Take into consideration healthy lifestyle options and what might be appropriate to change for the	

<p>benefit of the client. How might you go about doing this?</p>	
<p>Take into consideration SMARTER targets: what targets would you set for the client after: 6 weeks 6 months 1 year</p>	
<p>Take into consideration the training provision around Deal; what places / classes are available and suitable for the client's needs and aims.</p>	
<p>Take into consideration the resources that are available online or as an app; what available and suitable for the client's needs and aims. Why would you recommend them?</p>	

Remember you will be studying the **Pearson BTEC Level 3 National Diploma in Sport (First teaching 2016)**

You will study 9 units (6 mandatory and 3 optional) over the next 2 years from the table below:

Pearson BTEC Level 3 National Diploma in Sport				
Unit number	Unit title	GLH	Type	How assessed
<b>Mandatory units group A – learners complete and achieve all units</b>				
1	Anatomy and Physiology	120	Mandatory	External
2	Fitness Training and Programming for Health, Sport and Well-being	120	Mandatory	External
22	Investigating Business in the Sport and Active Leisure Industry	90	Mandatory and Synoptic	External
23	Skill Acquisition in Sport	90	Mandatory	Internal
<b>Mandatory internal units group B – learners complete all units and achieve at least one</b>				
3	Professional Development in the Sports Industry	60	Mandatory	Internal
4	Sports Leadership	60	Mandatory	Internal
<b>Optional units group C – learners complete 3 units</b>				
5	Application of Fitness Testing	60	Optional	Internal
6	Sports Psychology	60	Optional	Internal
7	Practical Sports Performance	60	Optional	Internal
8	Coaching for Performance	60	Optional	Internal
9	Research Methods in Sport	60	Optional	Internal
10	Sports Event Organisation	60	Optional	Internal
11	Research Project in Sport	60	Optional	Internal
17	Sports Injury Management	60	Optional	Internal
18	Work Experience in Active Leisure	60	Optional	Internal
20	Leisure Management	60	Optional	Internal
21	Leisure Centre Operations	60	Optional	Internal
24	Sports Performance Analysis	60	Optional	Internal
25	Rules, Regulations and Officiating in Sport	60	Optional	Internal
26	Technical and Tactical Demands of Sport	60	Optional	Internal
27	Principles and Practices for Outdoor and Adventurous Activities	60	Optional	Internal
28	Environmental Sustainability for Outdoor and Adventurous Activities	60	Optional	Internal

## **Useful Websites**

### **Theory/ content websites**

Brian Mac Sports Coach - <https://www.brianmac.co.uk/>

Topend Sports and science resources - <https://www.topendsports.com/>

### **Youtube suggestions – double check the course before watching**

The PE Tutor - <https://www.youtube.com/c/ThePETutor/videos>

Mr B PE - [https://www.youtube.com/channel/UC4aEFy\\_BrFnHC3S-x1Bsfqw/featured](https://www.youtube.com/channel/UC4aEFy_BrFnHC3S-x1Bsfqw/featured)

Planet PE - <https://www.youtube.com/c/PlanetPEgcsepe/videos>

### **Current and ongoing information**

Womens Health Magazine - <https://www.womenshealthmag.com/>

Mens Health Magazine - <https://www.menshealth.com/>

NHS live well - <https://www.nhs.uk/live-well/>

### **Understanding the career**

National Federation of Professional Trainers - <https://www.nfpt.com/resources>

### **Exam Board Information/ specification**

- Pearson BTEC National Diploma - <https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-13-national-dip-in-fitness-services-spec.pdf>
- Pearson free sample of the student book for unit 2 - [https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/teaching-and-learning-materials/BTECNational\\_Sport\\_Unit2.pdf](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/teaching-and-learning-materials/BTECNational_Sport_Unit2.pdf)