

Name: _____

Year 11 into Year 12

BTEC Sport (Single) 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.

Fitness Instructor area of concern	Apply it!
Take into consideration the aims of the client, what method of training would you suggest they use and why?	
Take into consideration the FITT principle; how might you plan a typical week for the client considering the training methods you have	

<p>selected and the information you can get from the scenario.</p> <p>You must give information on every part of FITT.</p>	
<p>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.</p> <p>You must give information on every part of SPORT.</p>	
<p>Take into consideration healthy lifestyle options and what might be appropriate to change for the 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:</p> <p>6 weeks</p> <p>6 months</p> <p>1 year</p>	

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

You will study 4 units (3 mandatories and 1 optional) over the next 2 years from the table below:

Pearson BTEC Level 3 National Extended Certificate in Sport				
Unit number	Unit title	GLH	Type	How assessed
	Mandatory units – learners complete and achieve all units			
1	Anatomy and Physiology	120	Mandatory	External
2	Fitness Training and Programming for Health, Sport and Well-being	120	Mandatory and Synoptic	External
3	Professional Development in the Sports Industry	60	Mandatory	Internal
	Optional units – learners complete 1 unit			
4	Sports Leadership	60	Optional	Internal
5	Application of Fitness Testing	60	Optional	Internal
6	Sports Psychology	60	Optional	Internal
7	Practical Sports Performance	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

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