

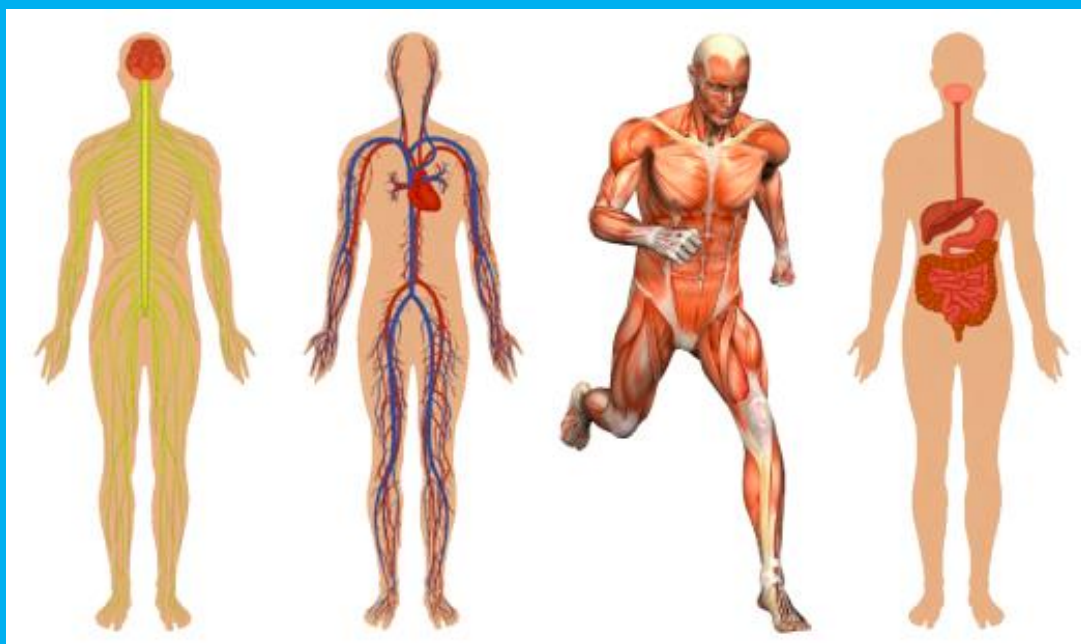
New College Pontefract

Summer Learning Tasks

BTEC Double Sport (Y11 into Y12)

Complete all tasks in this booklet to fully prepare yourself for your new course in September.

This will be handed in during your first lesson.

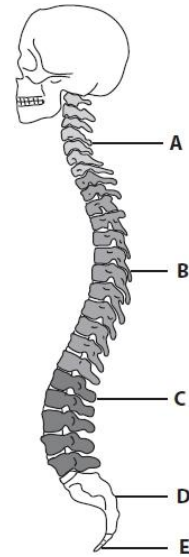


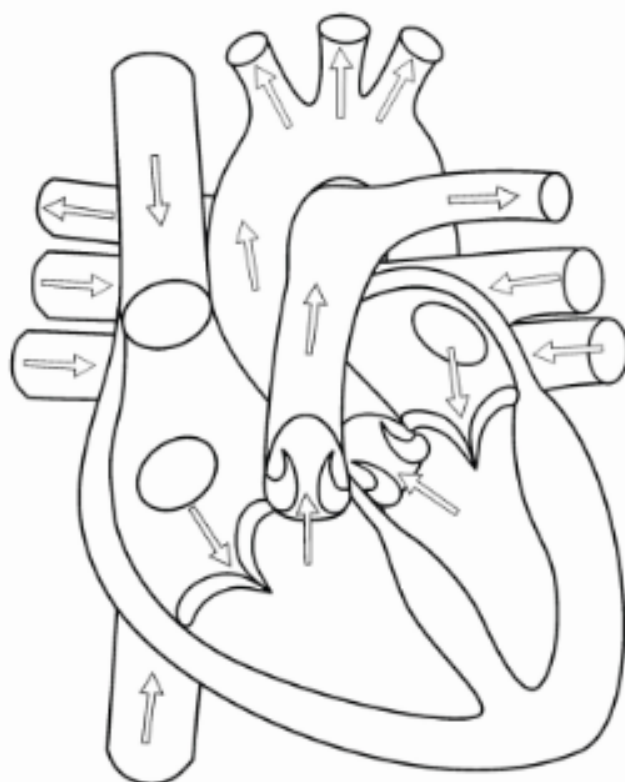
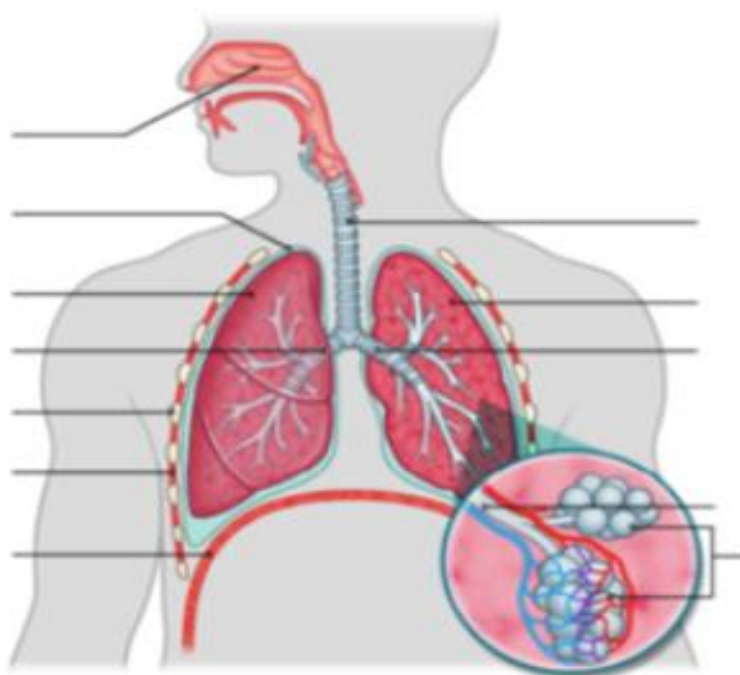
Name: _____

Task 1: Research the answers to label the components for the 4 body systems on the following diagrams.



Can you label the 5 regions of the spine...?





Task 2: Define the following terms below. Identify whether you knew this key term already or if you had to research it in the end column.

There will be 10 definitions for each body system...

- Muscular system
- Skeletal system
- Respiratory system
- Cardiovascular system

Key Term:	Definition:	Y = I knew this already. N = I had to research this.
Agonist		
Antagonist		
Isometric Contraction		
Isotonic Contraction		
Concentric Contraction		
Eccentric Contraction		
Skeletal Muscle		
Flexion		
Plantar-flexion		
Adduction		

Sesamoid Bone		
Ball & Socket Joint		
Hinge Joint		
Long Bone		
Patella		
Rib Cage		
Ossification		
Epiphyseal Plate		
Cartilage		
Synovial Fluid		
Tidal Volume		
Mechanics of Breathing		
Breathing Rate		
Residual Volume		
Gas Exchange		
Diffusion		

Partial Pressure		
Medulla		
Phrenic Nerve		
Diaphragm		
Heart Rate		
Stroke Volume		
Chemoreceptors		
Cardiac Control Centre		
Vascular Shunt		
Venous Return		
Systole		
Cardiac Cycle		
Sudden Arrhythmic Death Syndrome		

Task 3: Research short- and long-term effects of exercise on the following 4 body systems;

- Muscular
- Skeletal
- Respiratory
- Cardiovascular

Short Term Effects: Means what happens to this system as soon as we start exercising.

Long Term Effects: Means what happens to this system after long term exercise.

Muscular		Skeletal	
Short Term Effects	Long Term Effects	Short Term Effects	Long Term Effects
<ul style="list-style-type: none"> • E.g. Increased muscle pliability. 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • E.g. Increased bone density.
Respiratory		Cardiovascular	
Short Term Effects	Long Term Effects	Short Term Effects	Long Term Effects
<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • E.g. Increased lung volume. 	<ul style="list-style-type: none"> • E.g. Increased stroke volume. 	<ul style="list-style-type: none"> •

Task 4: In a spider diagram format, explain the following conditions below. You will need to know all of these for your new course.

Asthma

Arthritis

Diabetes

**Hypo-
thermia**

**Hyper-
thermia**

**Altitude
Sickness**

Hypoxia

Task 5:

Select **one** of the documentaries below and write a report summarising the content. Include...

- What is it about?
- Does it tackle any key issues in sport?
- What did you learn from it?
- How might what you have learned help you in your college studies?

OCR A LEVEL PHYSICAL EDUCATION DEVELOP YOUR KNOWLEDGE OF SPORTING CONTEXT IN PREPARATION FOR YOUR 2 YEAR COURSE



Books to Read

<i>The English Game</i> (Sport and Society)		
<i>Unstoppable</i> (Sport Psychology)		
<i>Icarus</i> (Drugs/Performance)		
<i>Stop at Nothing</i> (Doping in Sport)		
<i>Coach Carter</i> (Sport Psychology)		
<i>The Game Changers</i> (Diet and Nutrition)		
<i>Supersize Me</i> (Diet and Nutrition)		
<i>Blindside</i> (American Football)		
<i>Last Chance U</i> (American Football)		
<i>The Last Dance</i> (Michael Jordan)		
<i>Losers</i> (Adversity in Sport)		
<i>Moneyball</i>		
<i>Formula 1 Drive to Survive</i>		

<i>All or Nothing</i> Manchester City		<i>Subscribe to the Body Coach</i> (Joe Wicks) (Types of Training/Nutrition)	
<i>All or Nothing</i> New Zealand All Blacks		<i>Kobe Bryant</i> Black Mamba Doc	
<i>This is Football</i>		<i>Being Serena</i> Series	
<i>4 Minute Mile</i>		<i>"Is Professionalism Killing Sport"</i> BBC Documentary	
<i>The Program</i> (Lance Armstrong)		<i>The Psychology of a Winner 2020</i> Documentary	
<i>Andy Murray - Resurfacing</i> (Injury/Rehabilitation)		<i>Trent Alexander Arnold</i> Living the Dream	
<i>Dan Carter - Perfect</i>		<i>Tyson Fury</i> Road to Redemption	
<i>The Unknown Runner</i>		<i>Crossing The Line</i> Australian Cricket	
<i>The Race to Dope</i> (Doping System in Sport)		<i>Jurgen Klopp</i> Journey to Top	
<i>Muscle and Medals</i>		<i>Strive for Greatness</i> Lebron James	

Keep up to date with all the latest news in the world of sport, there is always something happening that links to the course.....

<i>Shoe Dog - Phil Knight</i> History/Story of Nike
<i>Bounce - Matthew Syed</i> Neuroscience/Psychology
<i>Black box thinking</i> Matthew Syed Psychology
<i>Unbeatable - Jessica</i> Ennis
<i>No Limits - Michael Phelps</i>
<i>My Time - Bradley Wiggins</i>
<i>Between the lines -</i> Victoria Pendleton
<i>Legacy - James Kerr</i> All Blacks (New Zealand Rugby)
<i>The Secret Race - Tyler</i> Hamilton and Daniel Coyle Drugs/Energy Systems/Deviance

Choose 2 from the lists above and write a report (minimum 1 xA4 for each) which;
(A01) Describes an overview of the Video/Book
(A02) Explains the relationship between the video/book and your OCR A level PE Specification
(A03) Analyses the video/book and discuss your opinion and conclusion
Tick the boxes of the ones you are completing. Feel free to watch as many as you want if you have time

Feel free to use any sports documentary / book / article etc...

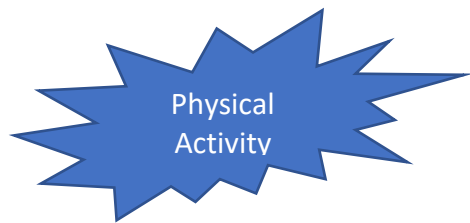
Task 6:

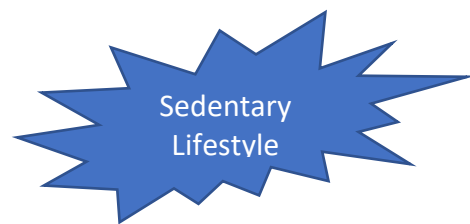
Produce an A4 poster either handwritten or on computer describing the following 6 lifestyle factors (6 posters in total):

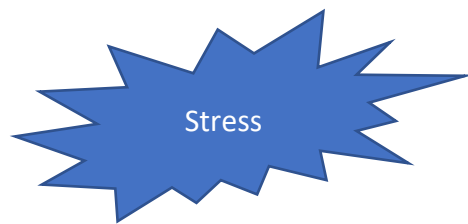
- Physical activity
- Sedentary lifestyle
- Stress
- Smoking
- Sleep
- Alcohol

***Include:**

1. Recommended Government guidelines to any of the above factors that are relevant (e.g. what is the recommended limit on alcohol per week?).
2. Positive effects of any of the above (there aren't positives for all of them) (e.g. what are the positive effects of getting the right amount of sleep?).
3. Negative impacts of any of the above (there aren't negatives for all of them) (e.g. what are the negative effects of smoking?).
4. Make sure everything is explained in detail. Fill all the space across your 6 posters.
5. Use diagrams (e.g. to show the diseases caused by smoking and the harmful effects they can have).













Task 7:

Design a blank PARQ (Physical Activity Readiness Questionnaire) / a Health Screening Questionnaire. Then get a parent to fill this in!!

***Include a minimum of 5 questions on the following sections:**

- Personal Details (e.g name / age / height / weight / etc...)
- Physical Activity Levels (e.g. past / current / future?)
- Nutritional Status (5 a day / daily calorie intake / water intake etc...)
- Lifestyle Factors (smoking / drugs / alcohol / travel via car, bus, walk?)
- Sporting Goals (short, long and medium term goals for exercise & lifestyle)
- Consent Section (only need name, signature and date)

***Make sure you also...**

- Use full sentences.
- Use question marks where you are asking a question.
- Use a range of answer / response methods:
 - E.g. Written answers
 - E.g. Tick boxes
 - E.g. Rank on a 1-10 scale
 - Etc...
- Spell check and re-read to make sure it is understandable.
- Make it look professional.

Task 8:

Produce a PPT presentation outlining how to perform the following 5 health screening tests:

- Resting Blood Pressure
- Resting Heart Rate
- BMI
- Waist to Hip Ratio
- Lung Function (Peak Flow)

***Include:**

- Diagram of each test
- Description of how to administer each test and list of equipment
- Normative data table for expected results of males and females for each test

If you are struggling for ideas then use: www.brianmac.co.uk to help you

Task 9:

Research the following lifestyle modification techniques. Make notes on this page about how they work, what is good / bad about them etc...

- 1. NHS Stop Smoking Service:**
- 2. Nicotine Replacement Therapy:**
- 3. Positive-Self Talk:**
- 4. Relaxation:**
- 5. Self-Help Groups:**
- 6. Counselling:**
- 7. Exercise:**
- 8. Timings of Meals:**
- 9. Balanced Diet:**

Task 10:

EXAM QUESTION CASE STUDY:

Ross is a 35 year old male. He does no exercise each week, smokes 5 cigarettes a day, drinks 15 units of alcohol per week, has a stressful job and is only getting 5 hours of sleep per night.

Suggest **one different lifestyle modification technique** that Ross could do to improve **each lifestyle factor** mentioned in the case study. You will be awarded 1 mark for **identifying the name of the strategy** and 1 mark for **explaining how Ross will apply it to his lifestyle** (10 marks)

[illegible]

