

BTEC SPORT LEVEL 3 NATIONAL EXTENDED CERTIFICATE

TRANSITION ACTIVITY

PRACTICAL TASK:

Organise and plan a 3-week training programme for yourself. Either write it on paper or on a word document. In one of the units you need to create a 6-week training programme for an individual so this will really help. Plan activities you can do in your home such as Body weight exercises, cardio moves, getting out to walk, run and cycle, yoga and Pilates. There are loads of exercises and activities you can add. YouTube has loads of ideas you can steal.

In your programme make sure:

- It progresses (gets harder)
- You make it varied (to stop boredom)
- You use exercises that you want to work on? Cardio fitness? Toning.

The main thing for this course is to stay fit and healthy. The average adult should be partaking in 150 minutes of moderate exercise a week. Make sure you are going over this number. Especially in current times so use your time wisely to stay fit and healthy to be the top sport students you can be.

WRITTEN TASK:

Within this course you will be discovering the different job roles within the sport and leisure industry. Your written task is to create 2 fact sheets about 2 sport and leisure jobs you may be interested in.

The fact sheet should include:

- Title
- Description of what the job involves
- Average pay for that job full time
- Hours that may be worked
- What that job is looking for in an individual
- Key roles and responsibilities for that specific job

You may want to look at current job advertisements. This will have many useful bits of information on them.