



# The Bridge to Post-16 Summer Work



## BTEC National Extended Certificate in Sport

This pack contains a programme of activities and resources to prepare you to embark on your Post-16 course in PE in September.

It should be completed throughout the remainder of the Summer term and over the Summer Holidays to ensure you are ready to start your course in September.

**You MUST have this pack completed before your first lesson in the subject**

The resources include:

1. Links to three websites where you can research the topics you will be exploring in the course and get a flavour of what you will be learning about in Post-16
2. Research task on key pre-knowledge topics that will help you to be successful in your course.
3. Other relevant revision/questions to help bridge between GCSE and Post-16 courses
4. Suggested therapies to help you if you are struggling with the tasks

Overall we suggest you spend around 6 hours of total work working through the tasks for PE

### Useful Websites

[BTEC Nationals | Sport \(2016\) | Pearson qualifications](#)

[Specification - BTEC National Extended Certificate in Sport \(pearson.com\)](#)

[www.tes.com](http://www.tes.com)

### Purpose of Summer Task

When you commence the BTEC Sport course in Year 12 your first unit of study will be **Unit 3: Carrers in the sports industry**. The aim of this unit 3 is to explore different career pathways in the sport industry, looking into the specific knowledge, skills and qualities needed and evaluating the suitability of your own experience and skills to these chosen carers. The summer task should prepare you for the lessons and assignments that you will be completing within this unit of study. We have set an extensive piece of work to allow students to progress as far as they can. **As a minimum, students should complete SECTION 1 with high quality detail mirroring the example. You must also complete the Anatomy and Physiology Work at the end of the Unit 3 Breif (page 9 onwards)**

## Task 1:

<p>Sports Psychologist</p> <p>Sports Physiotherapist</p> <p>PE Teacher</p> <p>Sports Activity Coach</p> <p>Assistant Coach</p> <p>Strength and Conditioning Expert</p>	<p>Manager</p> <p>Scout</p> <p>Sports Analyst</p> <p>School Sports Co-ordinator</p> <p>Sports Development Officer</p> <p>Personal Trainer</p>
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Research two career pathways in sport, from the list above, and produce a detailed, written report which includes the following information:

### Setting up your assignment:

- Name in the Header and Footer
- Title – Unit 3 – Careers in Sport
- All font is Arial size 11
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### Section 1:

-Examples of job adverts (use Indeed, Reed, TES Total Jobs). Please screenshot the job adverts into a word document. There must be 2 live contrasting job adverts e.g. PE teacher and Physiotherapist.

-Required skills and qualities – This could be taken from a job specification of the job.

-Required qualifications and knowledge (A level/degree) - This could be taken from a job specification of the job. There may be additional qualifications needed such as driving licence or first aid awards

-Required experience

## Introduction Opening Example:

### Job Summary-

This teaching job is teaching Physical Education to key stage 3,4, and 5 and, includes both physical and theory lessons. To be able to do this they need to be enthusiastic towards teaching and the subject sport itself. Communication skills are key during this job to be able to talk to students and other Peers. They would need to work 5 days a week and some nights later such as parents evening and planning lessons outside of work hours.

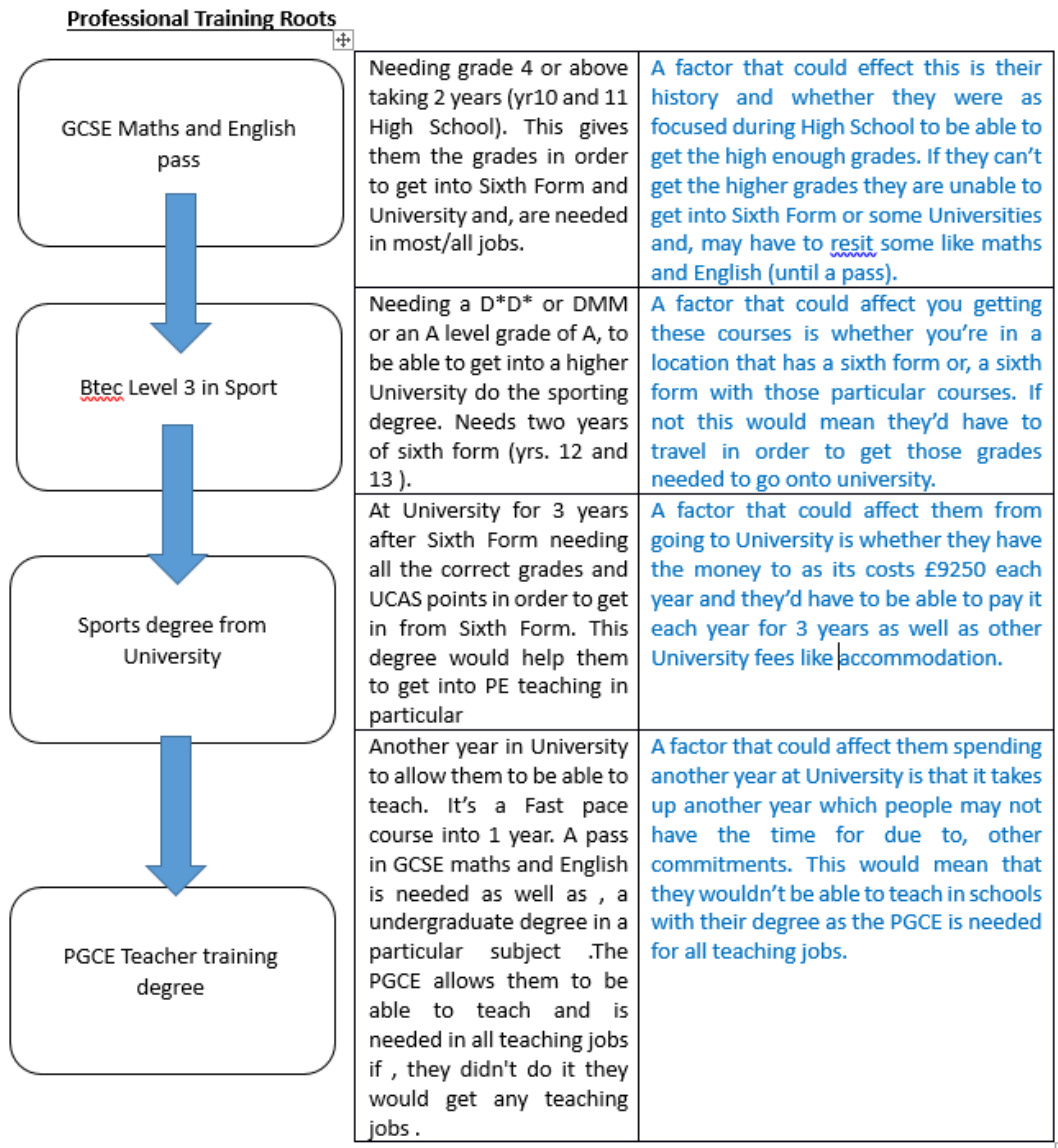


Professional development requirements	Effecting factors
<p><b>Degree in physiotherapy (Essential)</b>- This is required as it means that I will have the knowledge to be able to provide professional physiotherapy at an adequate level</p>	<p><b>-Cost of student loan-</b> This will be a large commitment as it is a large price and it will take years to pay back in full which may hinder my progression if I am in a tight financial situation which is negative because if I cannot afford this then I will be unable to attain the role</p> <p><b>-A level grades-</b> This may be difficult because the standard if grade I require will be difficult to obtain as the courses are of a higher difficulty, the study time I will need for this may also affect the time I will need for placements to gain experience which is a negative factor because trying to achieve high grades will limit my potential experience opportunities and vice versa</p> <p><b>-Location-</b> The University I will need to attend may be a long distance from home which would mean I will be paying even more costs towards accommodation and travel expenses which will put me in a worse financial situation and may prevent me from taking part in work placements so my experience may potentially be limited</p>
<p><b>Experience of physiotherapy (Essential)</b>- This will also be needed because I will need to know how to provide physiotherapy and the only way to understand properly how to effectively administer care is through experience which will help to further improve my level of care</p>	<p><b>-Already have to have a physiotherapists job-</b> This is a negative factor as to move up to this career I will need experience of working in physiotherapy which is difficult to get into in the first place, however by reaching out through job opportunities and placements this experience can still be gained</p> <p><b>-Time-</b> Along with studying I may struggle to find the adequate time to develop the required experience for my role which may negatively affect my grades and prevent me from acquiring the role which is negative because I may lack the time.</p> <p><b>-May be costly-</b> This will be especially difficult to afford through paying for courses and placements as I will be a student with only a part time job and courses can be several hundreds of £s which may put me in a poor financial situation</p>
<p><b>Health &amp; safety course (Essential)</b>-This gives me the knowledge of how to deal with potential situations where life may be at risk, it will give me the means to be able to administer care in these kinds of situations and help keep my patients safe and give them the best chance of a full recovery as possible</p>	<p><b>-Cost-</b> The cost of this course may be expensive and this again is not what I want as it makes my financial situation worse and I may even have to give up applying for the role due to costs of all the courses as well as University which may mean I struggle to achieve the role due to funding</p> <p><b>-Time-</b> I will need at least a week to complete this course thoroughly and this time taken away from studies and placement work may prevent me from achieving grades and gaining sufficient experience</p>
<p><b>DBS Check (Essential)</b>- This will enable me to work in a variety of locations as I have been background checked and this enables me to become employed successfully as I have a clean record and will be allowed to work in this area</p>	<p><b>-Time-</b> A DBS check can take a month or even longer to be completed and this may be an issue when applying because if I do not have the correct forms ready in time then this may prevent me from getting the role altogether which is a negative as it makes it more difficult to apply for the role as one of these checks is compulsory and applying for this may limit my progression for the role as it takes a lot of time</p>

Add into This Section the Professional Development Pathways to Becoming Your Role. Label each state that you would require from taking your GCSE's, identifying the need as well as a factor that could affect getting the qualifications.

Example:

## Development Pathway in becoming a PE Teacher



### Section 2:

For the career pathways, explain the short and long term term opportunities for development (promotions/other roles).

Example:

### Routes to continued Professional Development

Work experience at a suitable placement (teaching)	Needs to suitable to help with the teaching topics such as helping at a school or after school club.	A factor that could effect this is whether they are they are in a location in which, there is the facilities to do the work experience such as, schools and clubs. Whereas someone in the busier sporting locations such as Loughborough are more likely to find a placement.
Doing a First Aid course	Doing a first aid course would allow them for opportunities to pay rises or, higher positions within the school and, would help in lessons. It would also give them more of an advantage to getting the teaching job in an interview against other competitors that haven't done the course.	However, an effecting factor of this would be not having time to do it. As the course can take up to two days and, only lasts three years so they'd be retaking it every three years. If they have busy lifestyles they may have work or other commitments stopping them.
Talking to other teachers in teaching meet and greets/ meetings.	They would be able to talk to other teachers about ways they teach and present their lessons in order to improve their own. Using other Peoples strategies /ideas in their own lessons as well as, explaining topics they maybe unsure on.	Effecting factors of this are both time and location. As the meeting would take up out of work hours' time in which, they may have other commitments. The location of the meetings may not be in their area and not accessible meaning they couldn't attend.
Having a DBS/CBR safety check	This safety check is to check their historical records in order to work with children. This would give them an advantage in an interview and allows them to teach and work with children if their able to get this.	An effecting factor of this could be whether they have a historical conviction as, this will always be on their record and will not allow them to work with children and put them at a disadvantage in many other jobs.
Learning to teach different students	This will be able to teach them how deal with different students such as, students with: learning difficulties and sight/hearing problems. This will offer them different opportunities such as, higher positions in School and an advantage to others in interviews.	Effecting factors of this are both money and time as, it can cost anywhere from £30 to £650. And the time can be anywhere up to 2 years outside of work hours where other commitments maybe happening.

### Section 3:

Complete a skills audit for one of the career pathways you have selected

- Identify at least 5 **general skills** that are required to be demonstrated in most jobs in the sports industry

- Identify at least 5 **specific skills** that are required to be demonstrated in most jobs in the sports industry
- Provide an explanation of what each skill is, followed by its relevance and importance to your chosen career.
- In detail, explain if it is a strength or weakness of yours with reasons why; supported by reasons/ examples to support.

Example:

### **Skills Audit**

#### **General Skills**

Communication skills	Needed in being able to talk to students, parents and other teachers. Such as letting students know their progress, talking to parents about concerns and positives. Teachers also communicate with each age group differently and need to be able to do this order to keep them motivated.	My communication skills are high as, I am able to work as a team when I'm at work at a café. We communicate with each other in order to , serve each customer and be able to give good customer service with the correct orders.
Reliability skills	Needed to be a teacher as your expected to always be in and attend lessons this is so, students can learn to their full ability and it sets a good example. Teachers are also needed to work outside of hours in order to plan lessons. They need to be reliable in order to make sure this is done	I am reliable as I have always turned up for my work shifts as well as, being on time to both school and work. And always reliable to do my homework.

#### **Specific skills**

Leadership	They need this to be able to teach lessons and stay in charge over the students. This would mean that the students would listen and be able to learn to their fullest extent .	Leadership is a developing weakness for me as , I taught netball to the younger years as well as , umpired for them however , I struggled to stay in charge therefore they didn't listen and didn't improve.
Enthusiasm	Enthusiasm helps the teachers to stay positive which then, keeps the students interested in the sports. This would help them learn .	I would say that I am enthusiastic towards others as , I'm quite a happy Person and am able to talk about my love of sport to other People.

Written report:

Your written report should now include:

- 2 chosen careers each containing:
- Job Summary, Career Opportunities / Prospects and Job Requirements

Then, 1 of the 2 careers specifically detailing:

- Career Development Pathway and Opportunities for CPD
- A Skills Audit of general and specific skills

Success criteria for summer task

<u>A.P1</u>	Explain the different career pathways, the associated job opportunities and their requirements in the sports industry.
<u>A.P2</u>	Explain the development pathway into a select career in the sports industry.
<u>B.P3</u>	Explain how selected sports industry career matches own personal skills audit outcomes.
<u>A.M1</u>	Analyse the professional development requirements and opportunities for specialism or promotion in different career pathways and the associated job opportunities in the sports industry.
<u>B.M2</u>	Analyse own personal skills audit outcomes against a select career in the sports industry.

Suggestions if you are struggling

Contact Mr Vardy or Mr Lacey if you need any support with these tasks over summer:  
[c.vardy@johntaylorfreeschool.co.uk](mailto:c.vardy@johntaylorfreeschool.co.uk) or [m.lacey@johntaylorfreeschool.co.uk](mailto:m.lacey@johntaylorfreeschool.co.uk)

Please complete skeletal quiz overleaf after reading accompanying PowerPoint

## Part 2 – Skeletal System Quiz

Pearson BTEC National Sport – Extended Certificate

Unit 1 – Section A: The effects of exercise and sports performance on the skeletal system

Name \_\_\_\_\_

Total Marks out of 18:

1. Explain how the bones of the skeleton are used in movement for sport (2 marks)

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2. Jack has the first stages of osteoporosis. He has been advised to take part in exercise to help prevent this condition from worsening. Identify one type of exercise that Jack could take part in to prevent osteoporosis from getting worse. (1 mark)

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3. Explain why weight bearing exercises will prevent osteoporosis from getting worse (3 marks)

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