



BTEC National Extended Certificate in Sport.



BTEC NATIONAL IN SPORT

Why study this subject?

- This is a Vocational qualification, equivalent in size to 1 A Level.
- This qualification is particularly appropriate for learners who are interested in Sport and progressing to a career in sport and physical activity development, either directly, or through higher education at University.
- There are 4 units of study - 3 are mandatory and there is 1 optional unit which internally set and externally verified.

What you will be studying

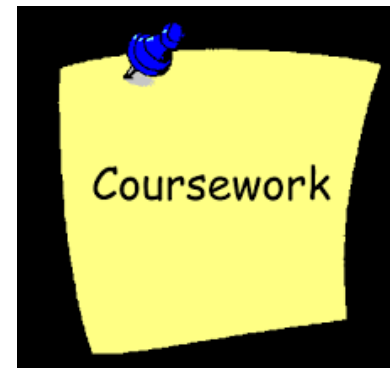
Year 12	Year 13
Unit 1: Anatomy and Physiology	Unit 2: Fitness training and programming for health sport and well-being.
Unit 3: Professional development in the sports industry	Unit 7: Practical Sports Performance

There are larger qualifications available;
Diploma – 2 A levels (double)

More flexibility = more interesting units =
higher attainment = more UCAS points

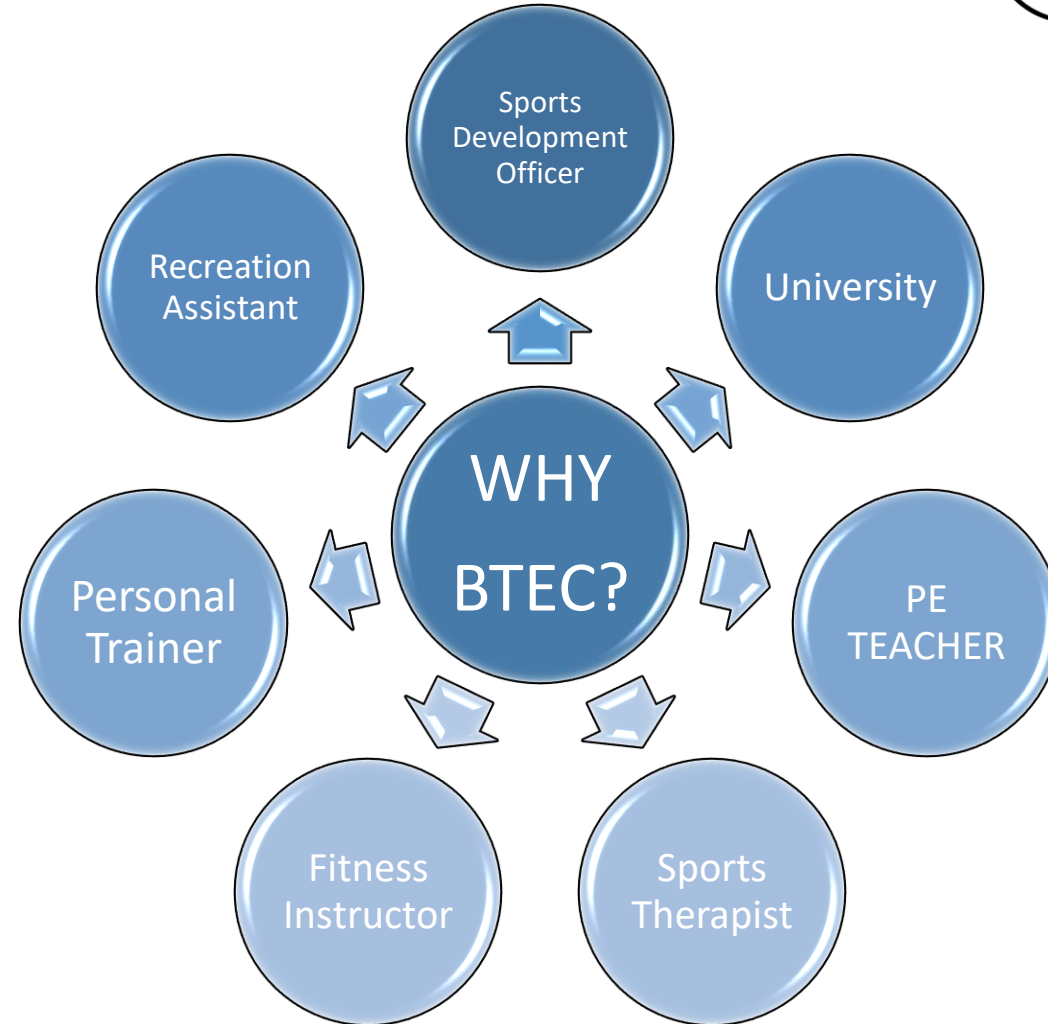
Assessment Methods

- Unit 1 – 1.5 hour exam
- Unit 2 – externally set task in exam conditions and marked by Pearson
- All other units are assessed by assignments set by Pearson with a range of evidence, internally assessed and externally verified by Pearson.
- Entry requirements – 5 x grade 4 including Maths and English, particularly English as there is a lot of extended written work. BTEC Sport at level 2 is very useful.



Why BTEC?

- The BTEC National Extended Diploma in Sport is recognised by Universities so it can lead to study at Higher Education for entrance in to Sports Careers such as:





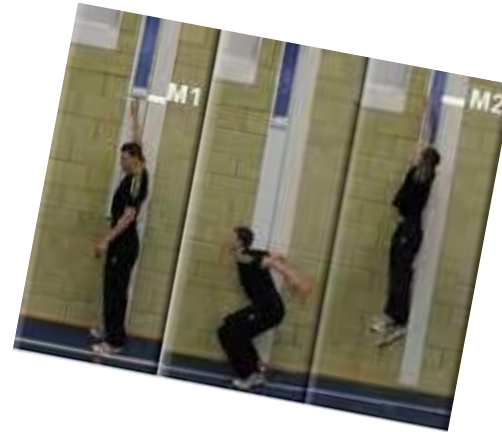
Football Academy

A partnership between The Victory Academy and APD (Advanced Professional Development).

Health monitoring tests

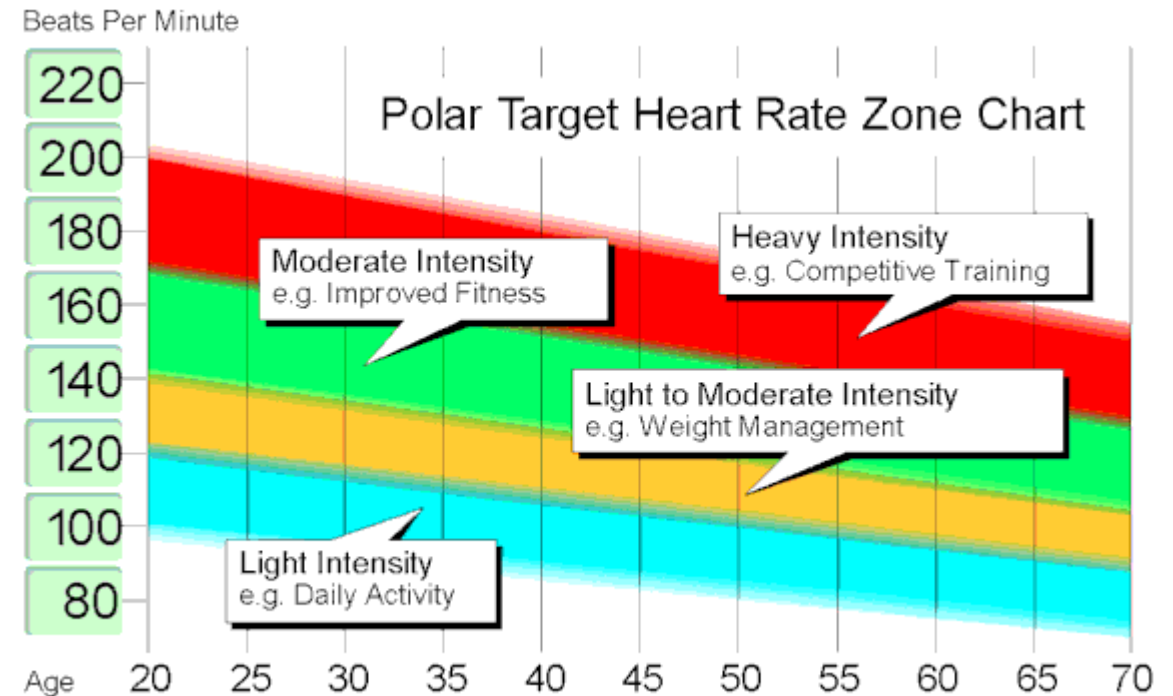
You will administer a number of health monitoring tests to your client.

Blood pressure
Resting heart rate
Body Mass Index (BMI)
Waist to hip ratio



HEART RATE

- A number of measurements of the heart rate can be taken at both rest and during exercise.
- The idea is to find out if there is any concern.
- **The heart rate at rest should be between 60-80 bts/min**
- Anxiety may effect resting heart rate.
- **A resting heart rate of above 100bpm is a concern.**
- A graph like this can help you check the intensity of the exercise your client is performing.



BLOOD PRESSURE

- Blood pressure can be measured using a digital blood pressure monitor.
- This provides a reading of systolic blood pressure/diastolic blood pressure (mmHg)
- Systolic blood pressure – the highest pressure within the blood stream. The heart is in systole ie, contracting.
- Diastolic blood pressure – the lowest pressure within the blood stream, which occurs between beats when the heart is in diastole ie, relaxing and filling with blood.

- **BLOOD PRESSURE RATINGS**
- **AVERAGE (desirable) = 120/80mmHg**
- **ABOVE AVERAGE (borderline) = 140/90mmHg**
- **HIGH BLOOD PRESSURE (hypertension) = 160/100mmHg**
- ***If blood pressure is more than 160/100mmHg on more than 2 separate occasions see the Doctor***



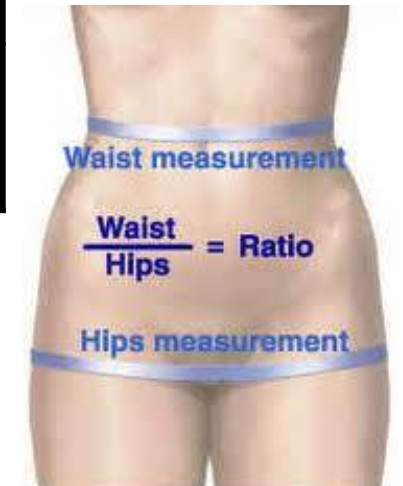
HIP TO WAIST RATIO



- This ratio can determine levels of obesity and those at risk of heart disease.
- People are either Pear shaped (put weight on hips and bums) or Apples (put weight on tummys)
- Apple shapes are more at risk of obesity, diabetes, heart disease and increased blood pressure



Male	Female	Risk
<0.95	<0.8	Low
0.96-1.0	0.81-0.85	Moderate
1.0 +	0.85+	High



Body Mass Index (BMI)



- This is a measure of body composition and is used to decide if someone is overweight.
- It is only an estimate and does not take into consideration the persons frame size or muscle mass.
- BMI is measured in kg/m^2
- **HOW TO MEASURE BMI**
- Weight in kg
- Height in metres
- Divide weight by height squared
- BMI tools can be found on the internet
- A high BMI increases risk of cardiovascular disease and diabetes.

Weight in Pounds

	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Height in Feet and Inches

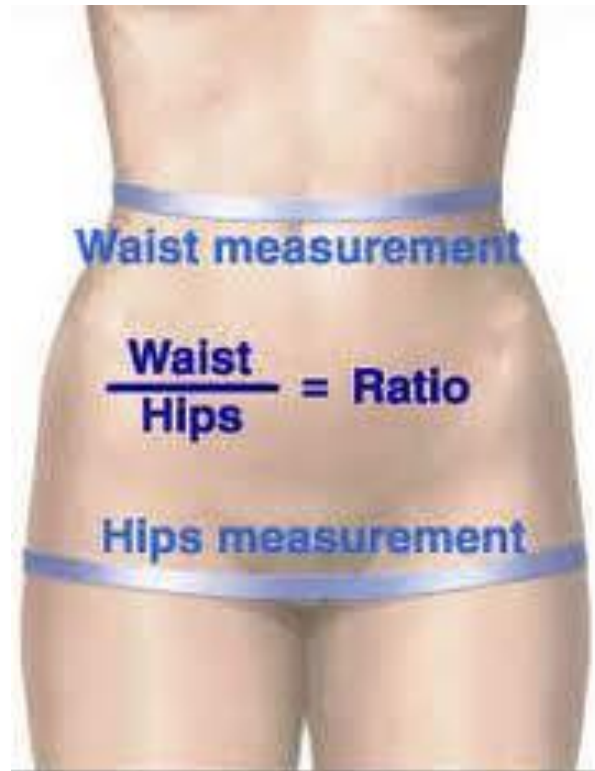
Underweight

Healthy Weight

Overweight

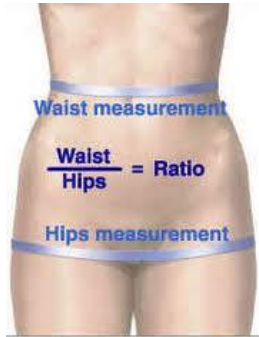
Obese

WAIST TO HIP RATIO RESULTS

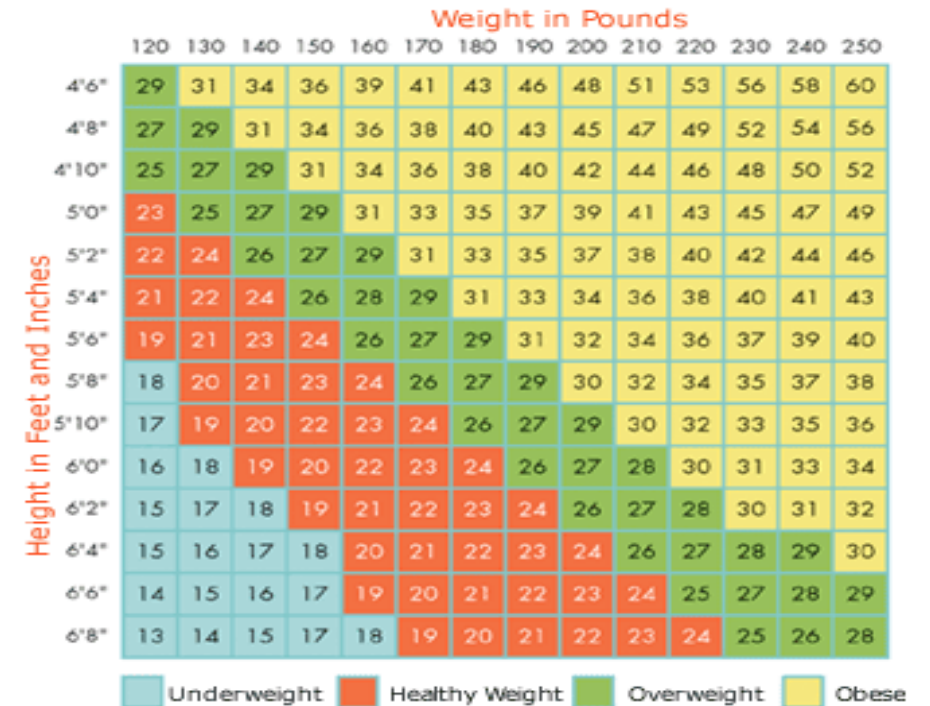


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RESULTS



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