Coombe Wood Year 12 Bridging Work 2026/27

SUBJECT: BTEC Sport
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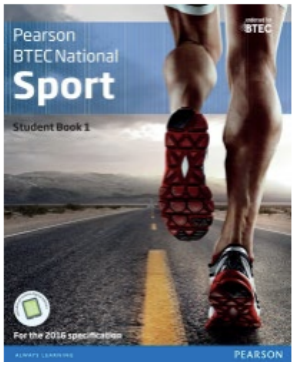
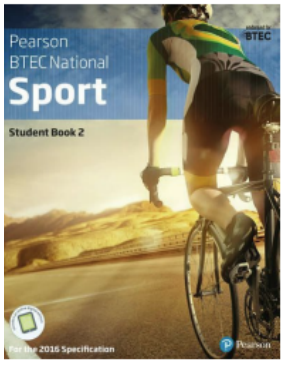
All bridging work must be completed and submitted by 25/9 and forms part of your Pupil Passport at Coombe Wood Sixth Form.

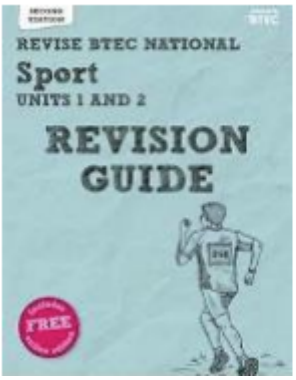
We recommend you purchase the following textbook for this subject area:

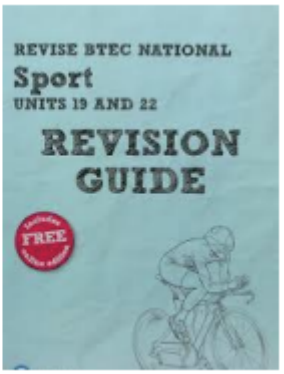
Books

- Pearson BTEC National Sport Student Book 1
- Pearson BTEC National Sport Student Book 2
- Pearson BTEC National Sport Revision Guides









Podcasts

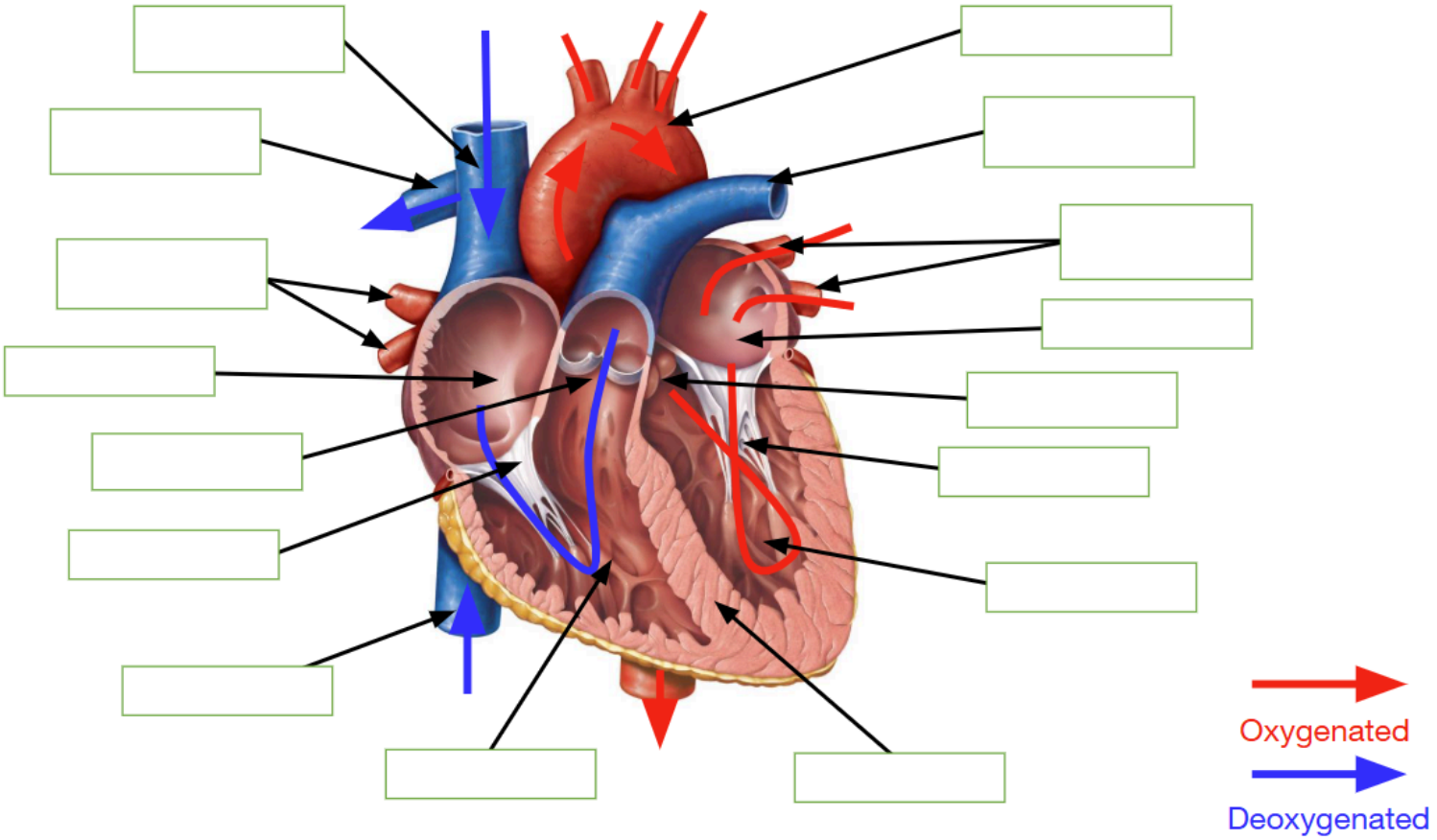
- PlanetPE on Youtube
- Mike Tyler on Youtube

Websites

- Pearson BTEC Sport-specifications, unit guides, and assessment information
- https://www.acsm.org/
- https://www.bases.org.uk/
- https://basrat.org/
- https://www.cimspa.co.uk/
- https://libguides.bolton.ac.uk/c.php?g=527472&p=3606240
- https://www.eis2win.co.uk/
- https://www.lboro.ac.uk/departments/ssehs/
- https://www.nsca.com/
- https://www.sportengland.org/
- https://www.ukcoaching.org/
- http://www.uksport.gov.uk/
- https://www.brianmac.co.uk/

Unit 1: Anatomy and Physiology
Specification

1. **Structure of the Cardiovascular System**
 You will need to be able to label a heart without support. Complete the below diagram naming all the major parts of the heart.

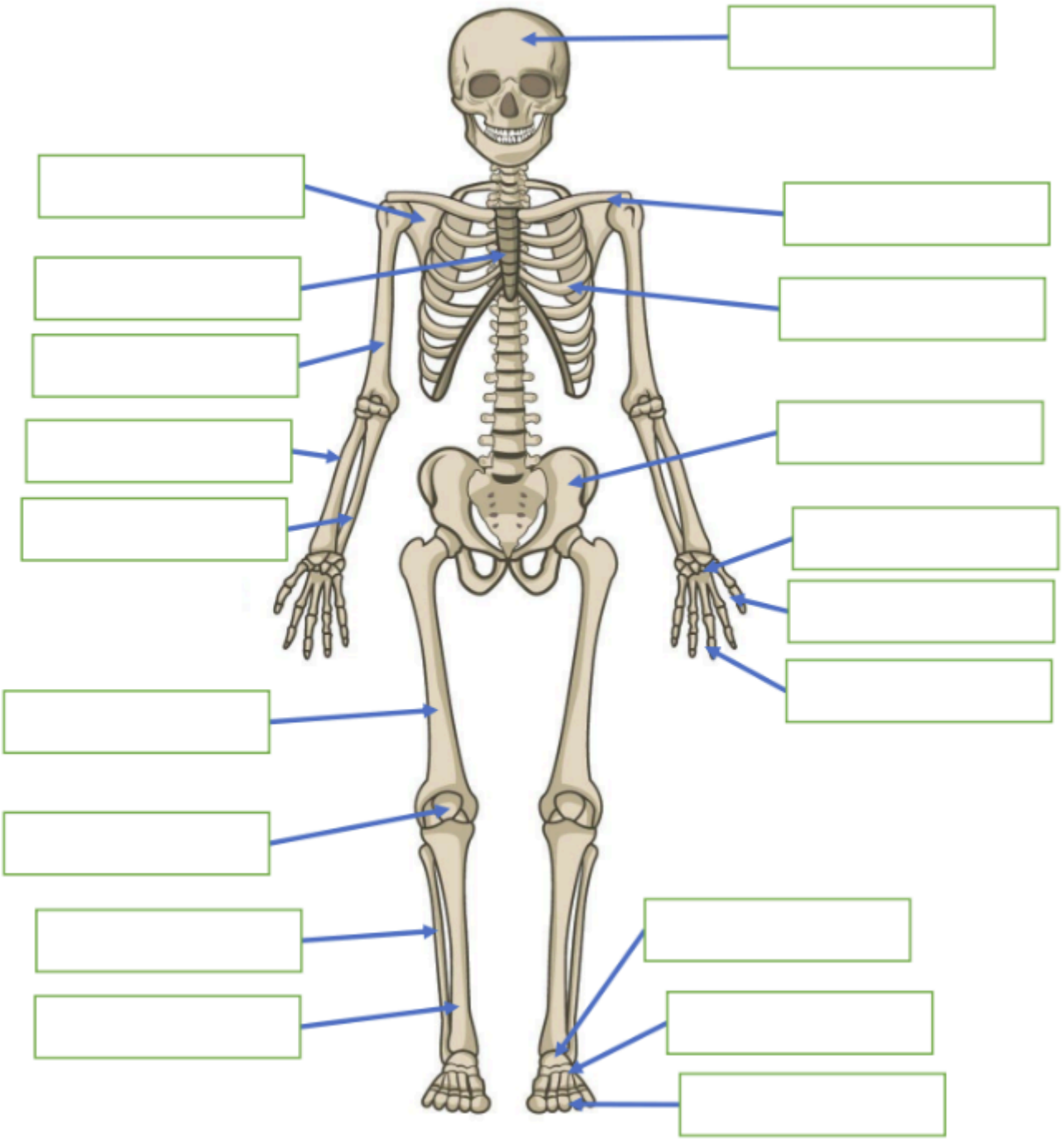


2. **Structure of the Cardiovascular System**
 Complete the table below explaining the role of the major parts of the heart that have been given.

Part	Explanation
Right Atrium	*Collects deoxygenated blood from the vena cava and sends it through to the right ventricle.*
Bicuspid Valve	
Septum	
Left Ventricle	
L/R Pulmonary Artery	
Vena Cava	

3. **Structure of the Skeletal System**

 You will need to be able to label a skeleton off by heart. Complete the below diagram labelling all the major parts of the skeleton.



Labels

Patella, Clavicle, Ribs/Rib Cage, Sternum, Femur, Radius, Scapula, Humerus, Metatarsals, Phalanges x2, Carpals, Tarsals, Tibia, Cranium, Pelvis, Fibula, Metacarpals, Ulna

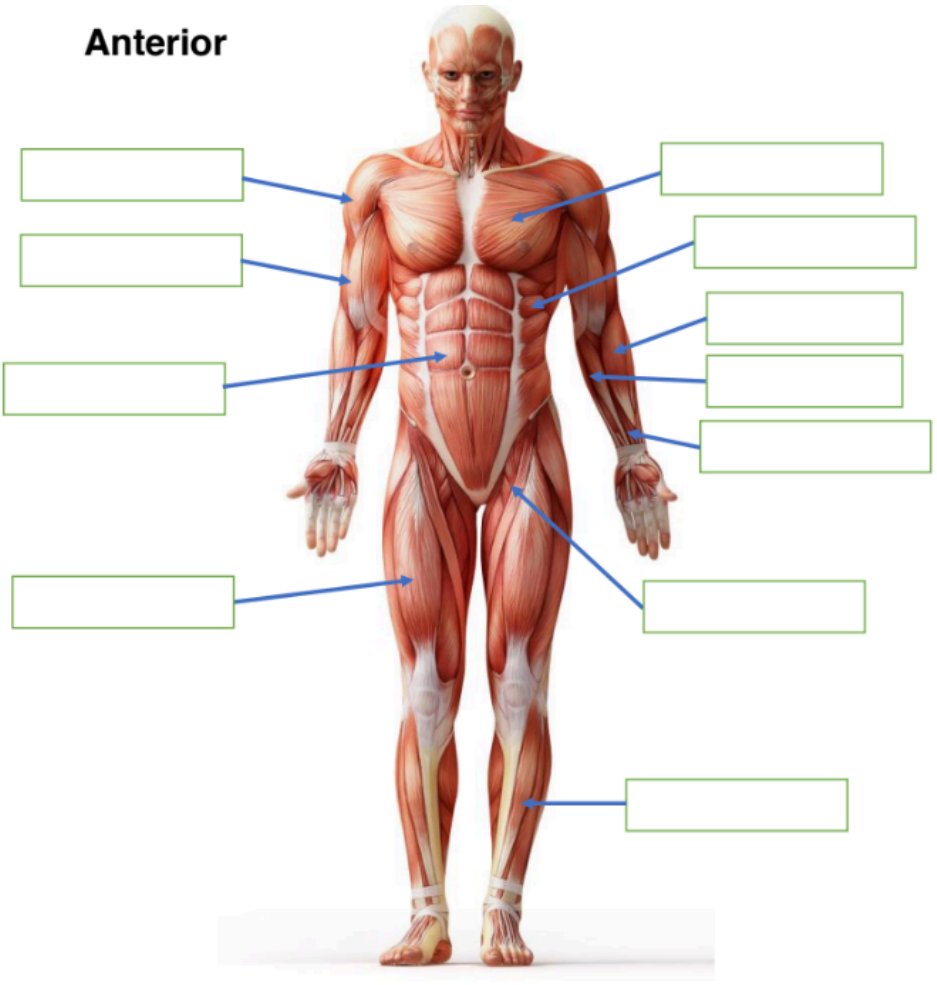
4. **Structure of the Skeletal System**

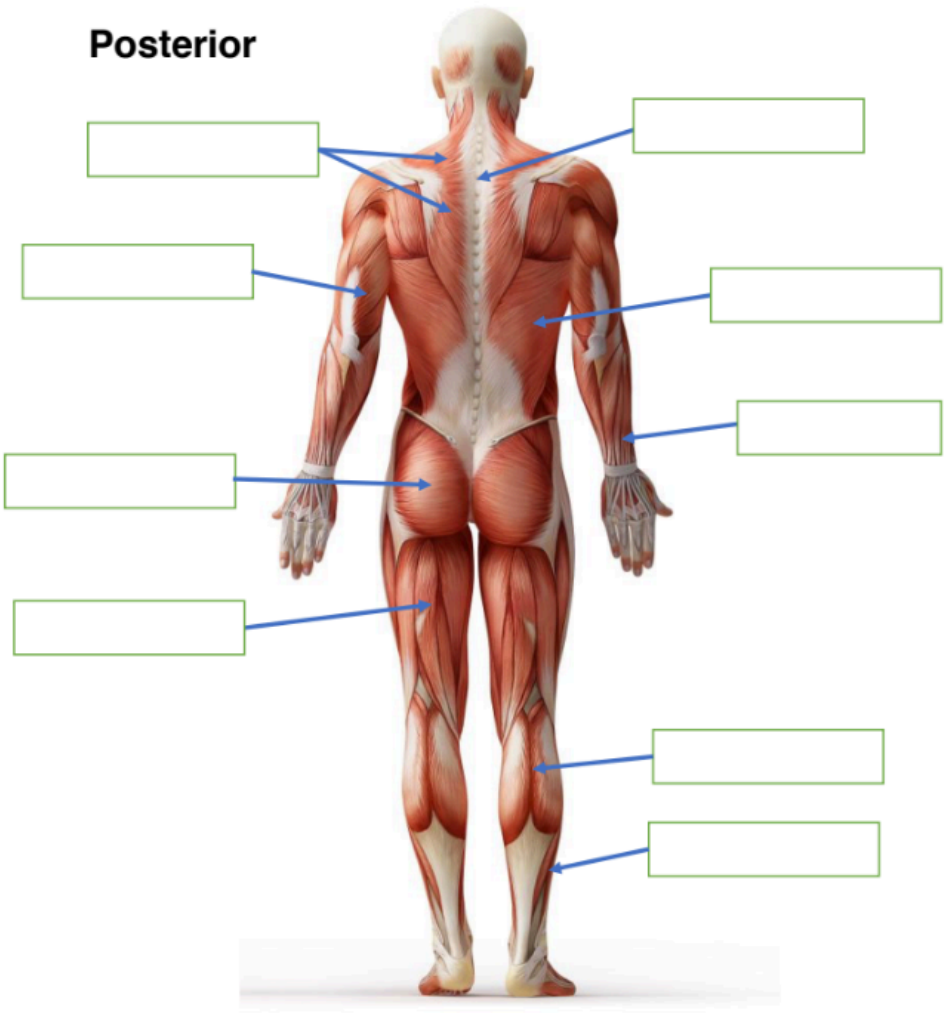
 You will need to be able to explain the roles of different types of bones. Complete the table below to show your understanding of the different types of bones and give an example for each one.

Type of Bone	Role/s of the type of bone	Example Bone
Sesamoid	*A bone that sits over a joint to protect the joint*	*Patella*
Long		
Short		
Flat		
Irregular		Vertebrae

5. **Structure of the Muscular System**

 You will need to be able to label a muscle of the body off by heart. Complete the below diagrams labelling all the major muscles.





Deltoids
Biceps
Triceps
Wrist flexors
Wrist extensors
Supinators and Pronators
Pectorals
Abdominals
Obliques
Quadriceps
Hip flexors
Tibialis anterior
Erector spinae
Trapezius
Latissimus dorsi
Gluteals
Hamstrings
Gastrocnemius
Soleus

6. **Structure of the Muscular System**

 Complete the table below to show your understanding of the different muscles fibres. State the characteristics of each and give an example of a sporting action each one would be good for..

Type of Muscle fibre	**Characteristics of muscle fibre** (*consider: length of time to fatigue, speed of contraction, force of contraction, colour due to O2 levels*)	**Sporting example**
Type 1		
Type 2a		
Type 2x		

7. **Exam style questions**

 Complete the questions below. Consider your explanation, that it is clear and concise and include any sporting examples. Look at the marks it is worth and make sure you have the right amount of points made to secure each mark.

Explain the function of ligaments.

(Total for Question 3 = 3 marks)

One of the adaptations of the muscular system to exercise is an increased storage of fat.

6 Explain why an increased storage of fat can benefit an endurance athlete.

(Total for Question 6 = 2 marks)

James is a road racing cyclist. During a race his tidal volume increases.

9 (a) Explain why James' tidal volume increases during his race.

(Total for Question 3 = 3 marks)

Unit 3: Professional Development in the Sports Industry

Specification

Working towards assignment 1: Understand the career and job opportunities in the sports industry

As a student on the Level 3 BTEC Sport programme, you have been approached by the careers department at the local Further Education College to carry out an investigation into two contrasting career pathways in the sports industry.

The investigation should focus on short- and long-term prospects in each career pathway. In addition to this as part of your investigation, you must highlight the knowledge, skills and qualities required to pursue each career.

To conclude the investigation you have been asked to write some information for the student magazine that justifies the selection of each of the selected specific sports industry career pathways.

TASK : Carry out an investigation whereby you will investigate different careers and the related professional development requirements in the sports industry.

Your investigation must consist of either a Presentation or a Written Report

- Research 2 different careers in the sports industry e.g. Physiotherapist and a Sports Nutritionist
- What qualifications/requirements are needed for these roles? What is the pay? How can you progress within this role?
- What skills, knowledge and qualities are needed for this role?
- Justify (give reasons) why you have chosen these 2 roles
- Give examples of short term and long term goals within these 2 roles