



## BTEC Assignment Front Sheet and Assignment Brief

### Sport

<b>Course Title:</b>	BTEC Level 2 Extended Certificate in Sport
<b>Unit Title</b>	4: Anatomy and Physiology
<b>Learner Name</b>	
<b>Assessment Tutor</b>	Jillie Pritchard

<b>Date Issued</b>		<b>Deadline Date</b>		<b>Submitted on</b>	
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<b>Assignment Title</b>	<b>3: Your Fame is Spreading</b>
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Task Number	Criteria Reference	To achieve this the evidence must show that the students is able to:	Achieved
1	P3 P4 M2	Identify the major muscles of the body  Describe the different types of muscle and muscle movement  Give examples of three different types of muscular contraction relating to three different types of physical activity.	

***Plagiarism is the Act of passing someone else's ideas or work as your own. It is a serious disciplinary offence***

<b>Learner Declaration</b>			
I certify that the work submitted for this assignment is my own and research sources are fully acknowledged			
<b>Teacher Declaration</b>			
I declare that the candidate's activities have been regularly monitored and all feedback is recorded. I also declare that to the best of my knowledge, this is the candidate's own work.			
<b>Learner Signature:</b>		<b>Date:</b>	
<b>Teacher Signature</b>		<b>Date:</b>	



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#### Assignment Description

One of the Year 7 pupils is also a member of the \_\_\_\_\_ club where you play and help out with coaching duties every now and again.

They have told the coaching staff how good your knowledge is on anatomy & physiology and the club are keen to tap into this. They want to use your skills to help some of the younger players develop their understanding of how their bodies work....in turn getting them to appreciate the importance of fitness and conditioning.



Task Number	Task Description:	Mapping to Grading Criteria
1	<p>This approach is new to the club so a 'softly, softly' approach is called for. The senior coach wants to start with the muscular system and asks if you could produce some material that:</p> <ul style="list-style-type: none"> <li> Identifies the major muscles of the body (P3)</li> <li> Describes the different type of muscle and muscle movement (P4)</li> <li> Gives examples of three different types of muscular contraction relating to three different types of physical activity (M2)</li> </ul> <p>You know that most of the players only want to 'play' – but also that if you get them engaged they will enjoy learning about how their bodies work and ultimately affect their performance.</p> <p>You therefore need to think very carefully how you are going to get the key messages across!</p>	P3, P4, M2

#### Evidence Suggestions:

- Produce an annotated poster – using your favourite sports stars in action
- Deliver a series of mini training sessions (with support material) before activity sessions
- Via a series of factsheets the players can take home and read at their leisure

#### Resources for Support:

- Activity 8 – Muscles in our body
- Activity 9 - Types of muscle
- Activity 10 – Muscles working together
- Activity 11 – Types of muscle contraction

#### This brief has been verified as being fit for purpose

<b>Assessor</b>			
<b>Signature</b>		<b>Date</b>	
<b>Internal Verifier</b>			
<b>Signature</b>		<b>Date</b>	



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### ASSIGNMENT FEEDBACK SHEET

<i>Performance criteria covered in this assignment:</i>							
<i>P1</i>	<i>P2</i>	<i>P3</i>	<i>P4</i>	<i>P5</i>	<i>P6</i>	<i>P7</i>	<i>P8</i>
<i>M1</i>	<i>M2</i>	<i>M3</i>	<i>M4</i>	<i>M5</i>	<i>M6</i>	<i>M7</i>	<i>M8</i>
<i>D1</i>	<i>D2</i>	<i>D3</i>	<i>D4</i>	<i>D5</i>	<i>D6</i>	<i>D7</i>	<i>D8</i>

<b>Assessor Feedback:</b>
<b>Grades Achieved:</b>
<b>Student comment:</b>
<b>Action Plan</b>

<b>Assessor Signature</b>		<b>Date</b>	
<b>Learner Signature</b>		<b>Date</b>	



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