

YEAR 12 – BRIDGING UNITS

BTEC LEVEL 3 NATIONAL EXTENDED CERTIFICATE IN SPORT



ST HILDA'S
COLLEGE

The 6th Form
@ St Hilda's

BRIDGING
UNITS

Name:

Anything is

POSSIBLE

Welcome

Welcome to BTEC Sport, your teachers for this course are Mrs Gilbert and Mr Deane. We have structured the course to try and make sure you are given every opportunity to achieve the highest possible grades. We are really pleased that you have chosen to study BTEC Sport and we can assure you that your lessons will be engaging, organised and you will feel supported and encouraged throughout the two -year programme.

Here are some details that you might find helpful:

Qualification

- BTEC National Extended Certificate in Sport
- The course is equivalent to 1 A Level

Structure

- 4 units of which 3 are set by the Pearson Examination Board.
- **Unit 1 (33% of overall grade):** Anatomy and Physiology: This will be tested in a 90 minute examination.
- **Unit 2 (33% of overall grade):** Fitness Training and Programming for Health, Sport and Well-being. This will also be tested in a 90minute examination.
- **Unit 3 (17% of overall grade):** Professional Development in the Sports Industry. This is a coursework module.
- **Unit 6 (17% of overall grade):** Sport Psychology – Also a coursework module.

This booklet will help to prepare you for the course in September, please complete the tasks by September 16th 2024, and we will go through this work together.

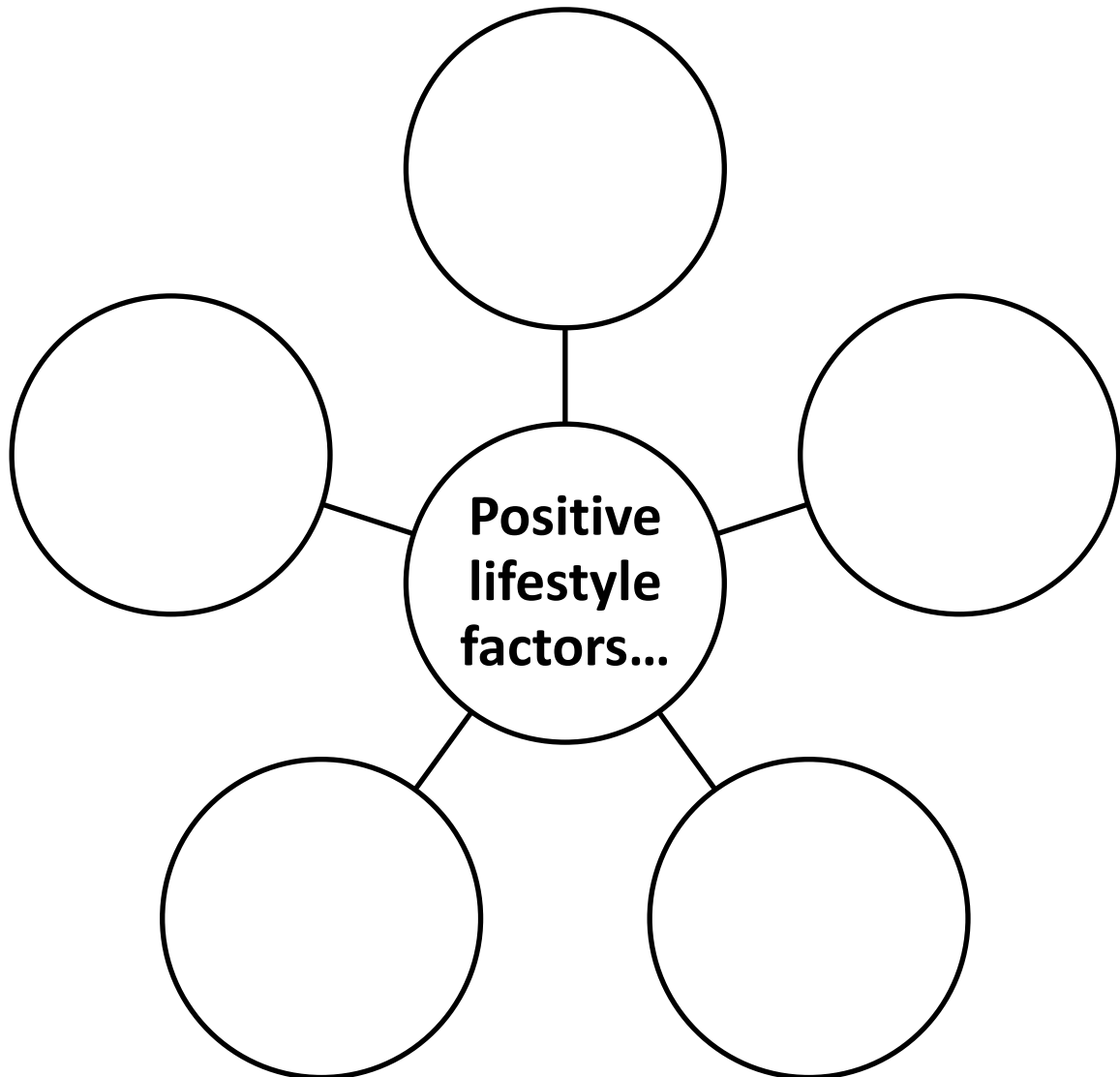
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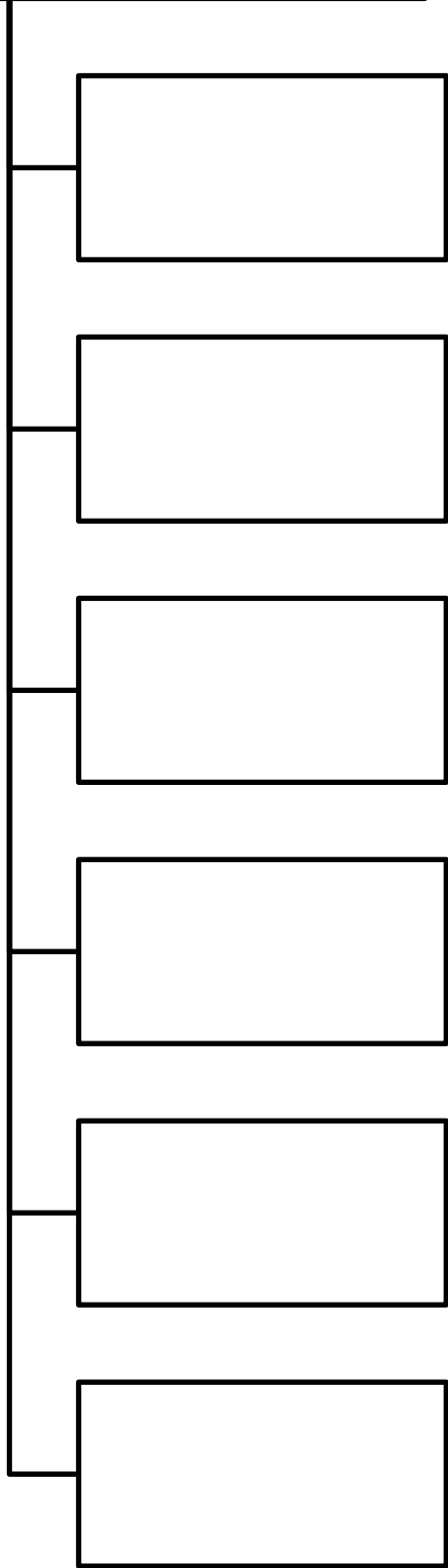
Examine lifestyle factors and their effect on health and well-being

Activity 1

Our first topic to consider is lifestyle factors and their effect on health and well-being. We need to think about both the positive and negative lifestyle factors and their effects. So in the spaces below try to highlight some positive and negative lifestyle factors.



Negative lifestyle factors...



Activity 2

Today is all about being positive! So what positive lifestyle factors did you come up with in the last activity? It is all well and good identifying positive lifestyle factors but you need to understand the importance of these in the maintenance of health and well-being.

Below are the positive lifestyle factors you need to know about for the purpose of this unit. Start to think about and discuss how these affect our health and well-being...

Exercise/physical activity...

Think about physical, psychological, social and economic effects

Balanced diet

Positive risk-taking activities

Government recommendations/ guidelines

Anything is

POSSIBLE

Did you discuss the following effects of the various positive lifestyle factors on health and well-being?
Make sure you understand each effect...

Exercise/physical activity...

Physical:

- Strengthens bones
- Improves posture
- Improves body shape

Reduces risk of chronic diseases:

- CHD – what is CHD?
- Cancer
- Type 2 diabetes

Psychological:

- Relieves stress
- Reduces depression
- Improves mood

Social:

- Improves social skills
- Enhances self-esteem

Economic:

- Reduces costs to NHS
- Reduces absenteeism from work

Balanced diet...

Benefits of healthy diet:

- Improved immune function
- Maintenance of body weight
- Reduces risk of chronic diseases i.e. diabetes, osteoporosis, hypertension, high cholesterol

Also consider:

- Eatwell plate (food groups)
- Fluid intake requirements including moderation of caffeine intake
- Strategies for improving dietary intake
 - Timing of meals
 - More of certain food groups
 - Five a day
 - Reducing salt intake
 - Healthy alternatives

Positive risk-taking activities;

- Participation in outdoor and adventurous activities
- Endorphin release
- Improved confidence

Government recommendations/guidelines:

- UK Government recommendations
 - Physical activity
 - Alcohol
 - Healthy eating

What do you know about endorphins?

See what you can find out about government recommendations/guidelines...

Activity 3

Having looked at the positive lifestyle factors previously, we need to balance it up and take a look at the negative lifestyle factors and their effects on health and well-being. Below are some factors that contribute to an unhealthy lifestyle.

- **Smoking:** health risks associated with smoking e.g. CHD, cancer, lung disease, bronchitis, infertility
- **Alcohol:** health risks associated with excessive alcohol consumption e.g. stroke, cirrhosis, hypertension, depression
- **Stress:** health risks associated with stress e.g. hypertension, angina, stroke, heart attack, stomach ulcers, depression
- **Sleep:** problems associated with lack of sleep e.g. depression, overeating
- **Sedentary lifestyle:** health risks associated with inactivity

Make some notes in the space below when considering factors

Negative lifestyle factors that contribute to an unhealthy lifestyle...

Smoking...

Alcohol...

Stress...

Sleep...

Activity 4

Today's question: how can we modify our lifestyles to reduce unhealthy lifestyle behaviours? Some of the common barriers that may need changing are:



These common barriers are a little bit trickier to change, but that is not to say they can't be changed. But have a think about the following lifestyle modification techniques:

- *Strategies to increase physical activities?*
- *Smoking cessation strategies?*
- *Strategies to reduce alcohol consumption?*
- *Stress management techniques?*

Have a think about various strategies/techniques that could be put into place to reduce these unhealthy lifestyle behaviours... jot your ideas down in the space below:

Strategies to increase physical activity:

Smoking cessation strategies:

Strategies to reduce alcohol consumption:

Stress management techniques:

Assertiveness training, goal setting, time management, physical activity, positive self-talk, relaxation, breathing techniques, meditation, alternative therapies, changes to work-life balance...

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