

Btec Level 3 National in Sport

Preparation for Year 12

Unit 2 - Fitness Training and Programming for Health, Sport and Well-being

Scenario Mr Mann is 30 years old and works 9 hours a day sitting down in an office. He does not take part in any exercise and often has to do more work when he gets home. He catches the bus to work each day, a journey of 3 miles. He has recently noticed that he is gaining weight and also feels constantly tired.

Task 1

Can you suggest 4 ways that Mr Mann could improve his health and lifestyle and give a detailed explanation of how he could do this? This might include lifestyle modification techniques.

Task 2

Could you suggest 2 methods of training Mr Mann could introduce into his lifestyle. Explain what they are and how these would benefit him?

Work experience Task

Another unit you will start in Yr 12 is work experience. Can you think about your ideal future job and what work experience could help with this, talk to your parents?

You will complete work experience at the end of year 12 so start making plans for this.

Using templates, you can find online please start to create a CV and a letter of application that you could use to send to possible work experience placements.

Develop your knowledge

HAVE A LOOK AT SOME OF THE WIDER ENGAGEMENT IN PE ACTIVITIES – also attached

Try and look at one a week of the attached areas. We would like you to complete some feedback on **one** of each of the **documentaries, podcasts and articles/books** on the attached sheet.

Please do not worry if you struggle with anything. Do your best and we look forward to seeing you all soon.