BTEC LEVEL 3 Extended Certificate

SUMMER HOMEWORK

HAND IN DATE: FIRST BTEC LESSON

Summer homework to be completed by September 2017 Handed to Miss Langham

Each task completed will be used as evidence for your coursework

Task 1 (Unit 2)

For the following components of fitness, describe one fitness test and include advantages and disadvantages.

- Flexibility
- Strength
- Aerobic endurance
- Speed
- Power
- Muscular endurance
- Body composition

need to explain WHY it is an advantage or disadvantage.	

Task 2 (Unit 1)

entify and compare the three different fibre types. Can you describe each fibre type and link to sport ramples, use different examples for the Rio Olympic Games 2016.							

Task 3

Quiz time ©

1.	Muscles that work in pairs are called what?
2.	What is the equipment used to test lung volume called?
3.	Name 10 major muscles in the body
4.	What is the equation for aerobic respiration?
5.	What is a PAR-Q?
6.	What does muscle pliability mean?
7.	Write down 5 different structures of the respiratory system- e.g Diaphragm
8.	What is the sum for cardiac output?
9.	List 3 reasons why people take part in sport and exercise?
10.	What is a balanced diet?
11.	What does RDA stand for?
12.	List all the fitness components you know? (11)
13.	What is PNF?

Task 4

1. Complete the 12 minute run, four times during the holidays.

12 minute run	Date	Distance
Week one-		
Week two-		
Week three-		
Week four-		

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