

BTEC Sport

Core textbooks

- *Pearson BTEC Tech Award Level 1-2 (2022) Sport*

Revision Guides

- *Pearson Revise BTEC Tech Award Sport Practice Assessments Plus (2022)*
- *Pearson Revise BTEC Tech Award Sport Revision Guide (2022)*

Further resources to aid with BTEC curriculum

- Quizizz
- Sample Exam Paper - [Additional Sample Assessment Material - Component 3 \(pearson.com\)](https://www.pearson.com/revision/sample-exam-papers/btec-tech-award-sport-revision-guide-2022)



Take it further

To extend and develop your subject knowledge and understanding do look at resources outside of the BTEC curriculum. The resources below are not an exhaustive list. Please do discuss with the PE department anything in particular that you are interested in finding out about and we can point you in the right direction.

Component	Read	Listen	Watch	Explore and visit
1: Preparing participants to take part in sport and physical activity	<ul style="list-style-type: none"> Exercised: The Science of Physical Activity, Rest & Health (Daniel Lieberman) Physical Activity and Health (Adrianne E. Hardman) The Impact of Technology in Sport (Matthew Aniss) Sports Technology: Cryotherapy, LED Courts, and More (John Wood) 	Podcasts <ul style="list-style-type: none"> Benefits of sports: Importance of sports How I am feeling: Benefits of Physical Activity FUNIFELT: Benefits of Physical Activity Physical Activity Researcher: Should you promote long- or short- term benefits of physical activity? Episode 71 The Women in Sport Podcast 	<ul style="list-style-type: none"> Planet PE- You Tube Channels My PE Exam https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ The PE Tutor https://www.youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug James Morris – https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBIku3Xw Social Groups and Barriers Impacting Sport https://www.youtube.com/watch?v=aZemjQUjry0&t=16s 	<ul style="list-style-type: none"> Queen Elizabeth Olympic Park- London Wimbledon Lawn Tennis Museum- London Wembley Stadium- London Twickenham Rugby Museum- London Cyclopark- Gravesend Science Museum- London Body Worlds Exhibition (only available at certain times of the year- check availability here: BODY WORLDS - Take an eye-opening journey under the skin!)

2: Taking part and improving other participants' sporting performance	<ul style="list-style-type: none"> • The Social Ref: How to Become a Better Referee and Umpire • My Life on The Line (Gavin Muge) • Sports Science: A Complete Introduction: Teach Yourself (Simon Rea) • Peak: The New Science of Athletic Performance That Is Revolutionizing Sports (Dr Marc Bubbs) 	<ul style="list-style-type: none"> • Revise by Seneca: GCSE Physical Education- The Components of Fitness • Chasing Challenge: Assessing Each of the 10 Components of Fitness • FitPro Sessions: Components of Fitness Revision Bite • The Guardian Football Weekly: Inside the world of Premier League referees 	<ul style="list-style-type: none"> • Planet PE- You Tube • The PE Tutor- Components of Physical Fitness https://www.youtube.com/watch?v=mPU9M4bu25s • Components of fitness https://www.youtube.com/watch?v=KycE8YJeaEI • Rules and Regulations https://www.youtube.com/watch?v=HSe54b174WU • Gary Neville & Jamie Carragher Train to be Linesmen! The Referees Part 2 https://www.youtube.com/watch?v=_pGMRN5KN8M • Skills and tactics https://www.youtube.com/watch?v=I5uH_OBx2fE 	<ul style="list-style-type: none"> • Queen Elizabeth Olympic Park- London • Wimbledon Lawn Tennis Museum- London • Wembley Stadium- London • Twickenham Rugby Museum- London • Cyclopark- Gravesend
3: Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity	<ul style="list-style-type: none"> • Exercise Physiology Laboratory Manual: Health and Human Performance (Fourth Edition), McGraw Hill • American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription • The Fitness Instructor's Handbook: A 	<ul style="list-style-type: none"> • Revise by Seneca: GCSE Physical Education- The Components of Fitness • Chasing Challenge: Assessing Each of the 10 Components of Fitness • FitPro Sessions: Components of Fitness Revision Bite 	<ul style="list-style-type: none"> • The EverLearner https://www.youtube.com/@TheEverLearner • The PE Tutor https://www.youtube.com/@ThePETutor • FITT Principles https://www.youtube.com/watch?v=2nr9jVxYL60 • New BTEC Tech Award 2022 - Reliability, Validity and Practicality of Fitness Tests https://www.youtube.com/watch?v=fFTYMDyLHJ4 	<ul style="list-style-type: none"> • Snap Fitness • Swallows Gym • Reynolds Gym • Team RAF Personal Training & Fitness

	<p>Complete Guide to Health and Fitness</p> <ul style="list-style-type: none">• Advanced Fitness Assessment and Exercise Prescription (Fifth Edition), Human Kinetics• Exercise Physiology: Theory and Application to Fitness and Performance (Sixth Edition), McGraw Hill			
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