



Summer Project 2019

Subject: BTEC Sport/SES

Teacher: Matt Page



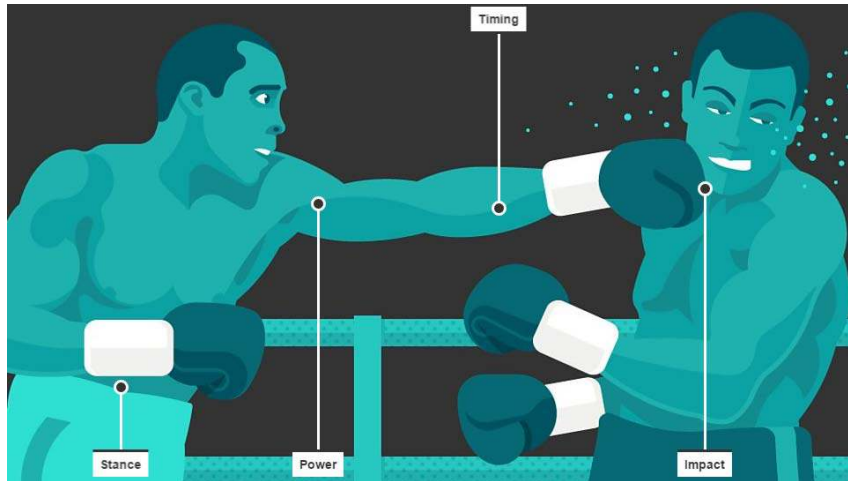
Purpose of your Summer Project: *The purpose of this Summer Project is to allow you to express your own interest in the wider world of Sport. Whilst at school you are relatively defined to how the curriculum teaches you, whereas here at Lowestoft Sixth Form College we wish to allow you more freedom to explore the world of Sport.*

Tasks/Activities: *Your task will be to select **three pieces of information** that interest you regarding sport. These can be podcasts, journal articles, newspaper articles, documentaries or biographies. After selecting and thoroughly understanding your three different pieces of information, you must complete a paragraph about what is it that interests you about this realm of sport. This will allow your teachers at college the best possible start in understanding what it is about Sport that fascinates you, as well as helping us tailor assignments to your interests. This could be a range of things from a sport of your liking, the development of new rules or technology, cheating and drug abuse, nutrition or physical studies to name but a few!*

Hand in date: 1st September 2019 – email to
M.Page@lowestoftsfc.ac.uk

Example:

What makes the perfect punch - <http://www.bbc.co.uk/guides/zswtbk7>



This piece of information on iWonder (provided by the BBC) looks at what makes the perfect punch in boxing.

I find this piece of work particularly fascinating due to the different components of fitness and skill that are involved in making a boxer the best that they can be. This can be from balance through to power in order to make the boxer more likely to throw good punches in a fight.

Reading/viewing list:

Additional to your Summer Project, you should also start becoming familiar with some of the higher level texts and terminology associated with Level 3. It is recommended that you look through this list before the start of your time at Lowestoft Sixth Form College:

- <https://www.youtube.com/watch?v=mve0mVu5y5A> - Sports Science: Effects of dehydration on athletes?
- <https://www.youtube.com/watch?v=b-iGZPtWXzE> - Are we born to run?
- <https://www.sciencedirect.com/science/article/pii/S0002914999009170> - Comparison of cardiovascular adaptations to long-term arm and leg exercise in wheelchair athletes versus long-distance runners
- <https://opentextbc.ca/anatomyandphysiology/chapter/10-5-types-of-muscle-fibers/> - Types of muscle fibres