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## How can I get myself ready to start the course in September?

### Summer Project

To plan a 6 week exercise programme for an individual of your choice.

The following factors need to be taken into account:

**Plan** – frequency, intensity, time, type.

**Individuals** – elite, trained, untrained, group, individual.

**Type of training** – cardiovascular training, resistance training, flexibility training, speed training.

**Information** – Goals, SMART principles, lifestyle, medical, physical activity history.

**Principles of training** – Specific, Progression, Overload, Variation, Reversibility, FITT.

This work will also go towards one of the units that you will need to complete as part of the course.

### How could I present this research?

Movie

Prezi

Powerpoint

Newspaper

Poster

Word processed document

**You will be asked to show your work in the first week back in September.**

**You should spend a minimum of 5 hours completing this task.**

## **BTEC Sport Reading List**

### **BTEC National Sport Development, Coaching and Fitness**

By Jennifer Stafford-Brown and Simon Rea

Hodder Education

ISBN 978-1-444-13672-2

### **BTEC National Sport Book 1**

by Ray Barker, Adam Gledhill et al

Heinemann

ISBN 978-0-435465-14-8

### **BTEC National Sport Book 2**

by Mark Adams, Ray Barker et al

A Pearson Company

ISBN 978-1-846906-50-3

### **List of websites**

[www.brianmac.com.uk](http://www.brianmac.com.uk)

[www.sportengland.org](http://www.sportengland.org)

[www.youthsporttrust.org](http://www.youthsporttrust.org)

[www.sasp.co.uk](http://www.sasp.co.uk)

[www.olympic.org](http://www.olympic.org)

[www.bbc.co.uk/sport](http://www.bbc.co.uk/sport)

[www.thefa.com](http://www.thefa.com)

[www.badmintonengland.co.uk](http://www.badmintonengland.co.uk)