



# BTEC Sport Science

Please complete one line from the task list below. All students must complete the middle task as part of their line:

<p>Group and team dynamics play an important part in sports. What aspects of group dynamics (i.e. how the team works) with respect to the current Premiership Champions, Liverpool?</p> <p>Conversely, what 'dynamics' within the team may have impacted upon Aston Villa's performance this year?</p>	<p>Isotonic, is a term that many students have heard before in relation to sports drinks. In relation to muscular contraction, what does this term actually mean and in addition, what does the contrasting term, isometric refer to?</p>	<p>The use of VAR as a new technology in football is an example of how the sport is trying to ensure fairer outcomes for the participating teams. What other examples of technology can you reference within sport and how to they ensure fairer outcomes for the teams/participants?</p>
<p>The NBA is due to restart and complete their season during the summer period having socially distanced and isolated themselves within he Disney complex in America.</p> <p>What may have been the positive and negative impact on their physical and psychological health as a result of going through this period of preparation?</p>	<p>During the pandemic, the general public have taken to exercising more with many people taking up the activity of jogging/running.</p> <p>Explain at least two tests that an individual could use to test their ability as runner. What tests would you use, how would you set them up, how would you carry out the tests and how would you measure/score their ability?</p>	<p>Take the following 'sporting personality' test on the BBC website. It is not diagnostic, but may give you an indication of what 'type' of sporting personality that you have. Did you result match with your interests?</p> <ul style="list-style-type: none"> <li>- <a href="https://www.bbc.co.uk/teach/take-the-test-which-sport-suits-your-personality/z6dwbdm">https://www.bbc.co.uk/teach/take-the-test-which-sport-suits-your-personality/z6dwbdm</a></li> </ul>
<p>Research, sketch, label and outline the structure and function of the key parts of a neurone.</p>	<p>Consumption of water normally increases during sports training during the summer. Why is this and what are the functions of water to a sports person's body?</p>	<p>Locate the following muscles and distinguish between where they are positioned on the body:</p> <ul style="list-style-type: none"> <li>- Rectus femoris</li> <li>- Vastus medialis</li> <li>- Semimembranosus</li> <li>- Vastus lateralis</li> <li>- Biceps femoris</li> <li>- Semitendinosus</li> <li>- Vastus intermedius</li> </ul>