

A level engagement work – Y11 into Y12 BTEC Sport

Course Name – BTEC Level 3, National Extended Certificate in Sport
Exam board and qualification: Pearson (Edexcel) BTEC in Sport (equivalent to 1 A Level)
Text Book: Pearson BTEC National Sport Student Book 1
If available online link to it (CLA) Not available
Relevant Websites: teachpe.com
Distance learning sites: The Everlearner (students already have a login to this, if you don't contact Mr Lawson s.lawson@allhallows.org.uk)
Unit 2 – Produce a booklet on health and lifestyle. You will need to research the government guidelines for the following areas of health - amount of exercise, diet, smoking, alcohol, stress, sleep, blood pressure, resting heart rate, body mass index, waist to hip ratio and hydration. Describe the recommended guidelines for males and females and explain why these are important.