



Sport

BTEC SPORT SIXTH FORM TRANSITION BOOKLET

SUMMER 2026

Task 1: Become the Sports Analyst!

Throughout your BTEC Sport course, you will be investigating a number of different topics in sport, including practical sports performance, fitness training and skill acquisition.

Watch the following documentary ‘Cristiano Ronaldo – Tested to the Limit’ and answer the questions below.

[Cristiano Ronaldo - Tested To The Limit \(HD 720p\) - Part 1/4 - Body Strength](#)

[Cristiano Ronaldo - Tested To The Limit \(HD 720p\) - Part 2/4 - Mental Ability](#)

[Cristiano Ronaldo - Tested To The Limit \(HD 720p\) - Part 3/4 - Technique](#)

[Cristiano Ronaldo - Tested To The Limit \(HD 720p\) - Part 4/4 - Skill](#)

- 1) During the opening of part of the documentary, Cristiano Ronaldo’s incredible speed, agility and power is shown. Define and name a suitable fitness test for each of these components of fitness. In addition, for a sport of your choice identify when each of these components of fitness are needed?

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- 2) In the documentary, sports scientists analyse Cristiano Ronaldo’s perceptual skill when dribbling past an opponent. Define what a perceptual skill is and provide an example of this in a sport of your choice.

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- 3) Cristiano Ronaldo’s perceptual ability is tested against an amateur footballer ‘Ronald’, when both have to attempt to score a goal when the lights are turned off as the cross is delivered. Why is Ronaldo significantly more successful at making contact with the ball and scoring in this situation?

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- 4) Sports scientists analyse Cristiano Ronaldo’s unique free kick and dribbling style. Explain the 5 characteristics of a skilful movement.

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Task 2: Become the Sports Scientist!

SECTION A: The Skeletal System for Sports Performance.

Answer ALL questions. Write your answers in the spaces provided.

Within the body there are different types of bone. One type is a sesamoid bone. The function of the sesamoid bone is to reduce friction across a joint.

1 State the function of the following **three** types of bone:3 marks

Long

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Short

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Flat

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Total for Question 1 =

Eve is a netballer and plays centre.



Figure 1

2 (a) Identify the movement occurring at Eve's ankle when she is jumping/taking off.

1 mark

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(b) The ankle is an example of a synovial joint.

State **two** functions of ligaments within Eve's ankle.

2 marks

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The next section of the race is cycling.

(b) Explain how neural factors regulate Evan’s respiratory system during the cycling section of his race.

4 marks

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The weakest part of Evan’s triathlon is his running section. To improve this, Evan considers training at altitude to boost his performance for this section of the race.

(c) Analyse the **immediate** effects of altitude training on Evan’s respiratory system.

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Total for Question 5 =

SECTION D: The Cardiovascular System for Sports Performance.
Answer ALL questions. Write your answers in the spaces provided.

A capillary is a blood vessel that enables gaseous exchange to occur.

6 Describe how the capillary aids the process of gaseous exchange.

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Question 6 = 3 marks

7 Describe the functions of the right atria.
2 marks

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8 Explain the role of the Atrio-ventricular node (AVN) in the nervous control of the heart when exercising.
3 marks

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Question 8 = 3 marks

Joe has been taking part in a 6 week endurance training programme to try to improve his 5000m time. He used a heart rate monitor to record his heart rate during his first 5000m race.

