

A level engagement work

<b>Course Name:</b> BTEC Level 3, National Extended Certificate in Sport
<b>Exam board and qualification:</b> Pearson (Edexcel) BTEC in Sport (equivalent to 1 A Level)
<b>Text Book:</b> Pearson BTEC National Sport Student Book 1
If available online link to it (CLA) Not available
<b>Relevant Websites:</b> teachpe.com
<b>Distance learning sites:</b> The Everlearner (students already have a login to this, if you don't contact Mr Lawson s.lawson@allhallows.org.uk)
<b>Tasks:</b> <ol style="list-style-type: none"><li>1. Unit 1 - Watch Unit 1 tutorials on The Everlearner, make notes online, take self-check tests. Start with the Skeletal system.</li><li>2. 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.</li></ol>