

CTEC Sport Level 3

If you are interested in studying this course, there are many things you can do to get prepared.

1. Complete the three tasks on the PowerPoint presentation. They each link to one of the units we will be studying
2. Spend time working through the resources in the Body Systems document. Each link takes you to a useful resource that will help your understanding of unit 1
3. Use the internet to help you research the answers to the activities in the Anatomy and Physiology work booklet. Again, this will support your understanding of unit 1 which is an important unit and one you have not studied in detail before (apart from what you cover in Biology GCSE).
4. You could even complete this Open Learn online course about “Athletes and efficient hearts”