

BTEC Sports Coaching and Development

Welcome to the Sports and Public Services department here at Bucks College Group. The team look forward to meeting to you in September and have created a couple of challenges to help you prepare for the next stage of your learning

Unit C1: Developing Coaching Skills



Task

Define the term Role Model? Identify and explain a chosen sporting Role model

Consider some of the pictured coaches...



Unit 3: Health, Wellbeing and Sport



Task

1. Complete the BMI table below, using the word bank provided

Classification	BMI Score
Underweight	
Normal Range	
Overweight	

<18.50	18.5 – 24.99	>25.00
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2. How is BMI calculated?

Unit A: Careers in the Sport and Active Leisure



Task

Where do you see yourself in 5 years' time?

Complete a timeline to show how you will achieve your 5-year plan

