**Summer Tasks – Level 3 Sport & Exercise Sciences**

**Task 1: Body systems in Sport**

Title: How Does the Human Body Support Sport and Exercise?

Instructions:

- Choose one sport (e.g., football, swimming, basketball).

- Describe how the musculoskeletal and cardiovascular systems help an athlete perform in that sport.

- Use labelled diagrams where possible.

- Include examples of how these systems work during key moments in the sport (e.g., sprinting, jumping, endurance).

Aim:- 500 words!

**Task 2: Sports Psychology**

Title: The Mind in Sport – What Makes an Athlete Mentally Tough?

Instructions:

- Research ONE of the following: motivation, arousal, goal setting.

- Write a short report or mind map explaining how it affects performance.

- Use real-life examples of elite athletes.

**Task 3: Sport Performance Analysis**

Title: Analyse This!

Instructions:

- Watch a full match or highlight clip from a sport of your choice.

- Choose ONE athlete and analyse their performance:

- Physical fitness

- Skill execution

- Mental traits (e.g., focus, confidence)

**Task 4: Careers in Sport**

Title: Your Future in Sport

Instructions:

- Research three careers in sport and exercise sciences (e.g., PE teacher, sports therapist, strength and conditioning coach).

- For each, include:

- Duties and responsibilities

- Qualifications needed

- Typical salary

- Career progression routes

**Task 5: Fitness Myth Busters**

Title: Common Fitness Myths – True or False?

Instructions:

- Choose 3 common myths (e.g., "Lactic acid causes DOMS", "No pain, no gain", "Carbs make you fat").

- Research and explain the real science behind them.

- Reference sources if possible.