



The John Roan School Sixth Form

The best in everyone™

Part of United Learning

Year 11 Bridging Work for

Sport (BTEC)



Complete Synovial Joints

Synovial joints are the most common type of joint in the body. They join bone or cartilage with a fibrous joint capsule and allow for movement.

Research these important joints and identify:

- Their three main features
- The six types of synovial joints
- Their important structural components
- Injuries that are common in these joints

Include any useful diagrams and key terminology, as well as giving references as to where the information you used is from.

Time: 40 minutes



Read Uncommon Bone Injuries in Football Players

Read the article linked below: Uncommon Bone Injuries in Soccer Players.

This is a very academic piece of writing, but a really useful one. According to FIFA statistics, there are about 300 million registered football (soccer) players worldwide, making it the most-practiced team sport in the world for males and females of all ages. As with any sport, it comes with a risk of injury. The article explores some of the less common injuries players can face.

Link: [Uncommon bone injuries in soccer players](#)

Time: 22 minutes



Watch Nike – Dream Crazy

Watch the Nike Campaign linked below which shines a spotlight on female athletes who have broken barriers, brought people together through their performance and inspired generations of athletes to chase after their dreams.

Link: [Nike – Dream Crazy](#)

Time: 1 minute 30



Watch Sports Career Options

Watch the YouTube clip linked below where podcast host Brian Clapp shares his advice for anyone interested in a sports career

Link: [Sports Career Options: Finding Your Sports Industry Fit](#)

Time: 15 minutes



Complete Research an Inspirational Female Athlete

Choose one of the incredible female athletes from the Nike – Dream Crazy campaign (or a different one of your choice).

Create a PowerPoint presentation telling her story and the barriers she overcame to be as successful as she is / was.

Why is it so important to increase the representation of women in sport?

Time: 40 minutes



Read Sports Psychology

Sports psychology is the study of people and their behaviours in sport. For both the athlete and coach this area is as important as physical training and performance analysis. Success is being attributed to motivation, focus and being in the zone, as well as team cohesion.

Read the article linked below and take notes on Stress, Anxiety and Arousal, specifically the four key theories of arousal:

- Drive Theory
- Inverted U hypothesis
- Catastrophe Theory
- Zone of Optimal Functioning (ZOF) Theory

Link: [Sports Psychology: Stress, Anxiety & Arousal](#)

Time: 22 minutes



Watch 10 Mental Strategies

Watch the video below on ten mental strategies used by elite athletes.

Write notes to summarise the ten methods discussed.

Which one do you find most useful? Why?

Which one do you use the least? Why?

Why is it important to train mentally as well as physically?

Link: [10 Mental Strategies Used by Elite Athletes](#)

Time: 20 minutes