

Pearson BTEC Sample Set Assignment Brief

Two Part Assessment – Part A

Unit 3 – Research Project in Sport

For use with:

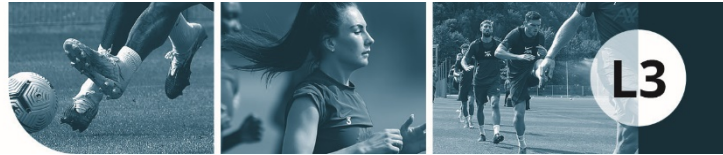
Pearson BTEC International Level 3 qualifications in Sports

Extended Diploma

Advised Supervised hours	6 hours
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For completion by the centre

Qualification	Extended Diploma
Assessment date	



Instructions to Teachers/Tutors and/or Invigilators

The Pearson Set Assignment will be assessed internally by the centre using the unit Assessment Criteria detailed in the qualification specification. The assignment will be sampled by the Standards Verifier as part of the standards verification annual centre visit.

Please note: this unit can be taken in the second year of a study programme only.

Part A and B

This is **part A** of a **two part** Pearson Set Assignment. **Part A should be checked on completion by teachers or tutors for appropriateness (for example, a choice of material that allows for full completion of part B) before the learner may proceed to part B.**

Conditions of supervision

The Pearson Set Assignment should be undertaken in conditions that assure the authenticity of outcome. This may require supervision.

We advise that the Pearson Set Assignment be completed in sessions that come to a total of 6 hours.

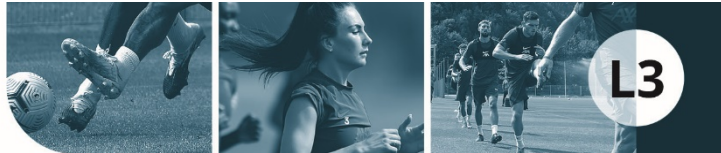
The Pearson Set Assignment should not be shared with learners prior to the start of the assessment period. Teachers/tutors are responsible for security of the Pearson Set Assignment and materials.

Outcomes for Submission

Learners may submit handwritten or word-processed evidence.

Learners must save their work regularly and ensure that all materials can be identified as their work.

Learners must submit their own, independent work as detailed in the set assignment, together with notes prepared. Each learner must complete an authentication sheet.



Instructions to Learners

Read the Set Assignment Information carefully.

For two-part Pearson Set Assignments, it is **essential that you complete part A before proceeding to part B.**

You will be asked to carry out specific activities using the information provided. You will be given a specific time period to complete the assignment.

At times you must work independently and must not share your work with other learners. You must complete an authentication sheet and submit this along with your work. This document contains the information you need to prepare for the Set Assignment.

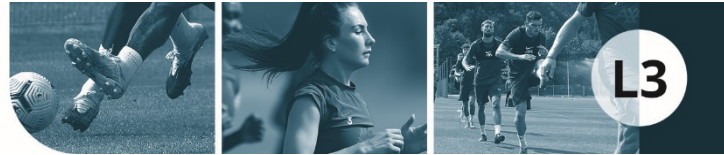
It is important that you read the Set Assignment Information carefully, then complete all the activities detailed in the Set Assignment.

Set Assignment (Part A) Information

The improvement of performance in sport at all levels is important to participants, from elite levels to recreational sports performers who want to improve on their 'personal best' and overall performance. How this is achieved is by the different diets and food types that sports participants eat before exercise to prepare for physical activity, during exercise to maintain energy levels and after physical activity and exercise as part of the recovery process. You have been approached by a local sports club team to research the effects that different types of diets have on performance and recovery for their team sports performers. The coaches have asked you to review the current literature and submit a research proposal that may indicate how different types of diets and food sources can affect sports performance for their team.

The key aspects during this research process is to source, collect, read and collate relevant literature or supporting information from a range of current evidence bases. As part of this process you will need to investigate why there are different types of research along with the varied designs that can be used by researchers.

The coaches will then expect you to submit a research proposal that includes all the relevant information to carry out small-scale research for this local sports club team.



You must complete ALL ACTIVITIES.

Activity 1

Part 1: Poster

You need to prepare for your research proposal by producing a poster that includes the following:

- Traditional approaches to research
- The reasons for different ways of undertaking research
- The different research designs that researchers can use
- Assessment of why researchers use different methodologies
- The key search tools used when searching for literature
- The reasons for choosing selected literature
- Strategies for reviewing literature to inform the research proposal
- The importance of sourcing information including accurate references.

Part 2: Research proposal

You are required to independently produce a research proposal that can be safely and ethically carried out. This will follow a theme of 'the effects of diet on sports performance' for an identified sports team of your choice.

Your proposal should follow the guidelines below:

- Topic title
- Literature review
- Clear rationale for undertaking the research
- Hypothesis/ research aims
- Method or design
- Ethical considerations
- Data collection & analysis
- Validity & reliability
- Conclusions

This activity covers learning aims A and B
A.P1, A.P2, A.M1, B.P3, B.M2, AB.D1