

# OCR Cambridge Technical Level 3 Sport and Physical Activity *Year 12 Transition Booklet*

## **Instructions:**

- This booklet contains important information about starting this Cambridge Technical Level 3 Award. Please read it carefully before starting the course in September.
- Please complete all the tasks set in this booklet before beginning the Sport and Physical Activity course in.
- Before joining the course officially in September, this book must be fully completed and handed in on your first day.
- Failure to complete this booklet will result in you being unable to attend your first Sport lesson.



## **Course Overview:**

The qualifications aim is to develop students' knowledge, understanding and skills of the principles of Sport and Physical Activity. Students will gain core skills required for employment or further study in the sector such as communication, analysis, organisation and adaptation.

### **Extended Certificate 1 A level (Single)– Units Aim and Purpose**

#### **Unit 1: Body Systems (Exam Assessed)**

In this unit students will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity, and the effects that physical activity, training and lifestyle can have on them.

#### **Unit 2: Sports Coaching (Coursework Assessed)**

This unit will give students an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of sports participants. They will explore the roles and responsibilities of coaches and leaders and how these differ from each other and be involved in delivering and teaching sport and physical activity.

#### **Unit 3: Sports Organisation and Development (Exam Assessed)**

In this unit students will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. They will also gain an understanding of sports development including the organisations involved, who sports development is targeted at, why sports development is carried out and how the success of sports development initiatives can be measured.

#### **Unit 5: Performance Analysis (Coursework Assessed)**

This unit will give students the skills and knowledge required to carry out performance profiling and analysis, and deliver feedback to the performers in a manner that is suitable for them.

#### **Unit 18: Practical Skills in Sport and Physical activity (Coursework Assessed)**

This unit gives students the opportunity to participate in a number of different sports and outdoor activities. Allowing them to experience situations that they may later be coaching or leading students in. In this unit students will learn how to apply skills, tactics, techniques and knowledge in individual sports, team sports and outdoor activities which will allow them to participate effectively, safely and enjoyably.

## **Diploma 2 A levels (Double) – Units Aim and Purpose**

### **Unit 1: Body Systems (Exam Assessed)**

In this unit students will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity, and the effects that physical activity, training and lifestyle can have on them.

### **Unit 2: Sports Coaching (Coursework Assessed)**

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### **Unit 4: Working Safely in Sport, Exercise, Health and Leisure (Coursework Assessed)**

Throughout the unit students will gain an understanding of key safety requirements to be able to ensure clients' safety. Topics include: understanding key health and safety legislations, knowing how to administer emergency first aid, understanding roles, responsibilities and reporting duties in safeguarding children and vulnerable adults and finally, knowledge of key health and safety documents, including how to carry out risk assessments.

### **Unit 5: Performance Analysis (Coursework Assessed)**

This unit will give students the skills and knowledge required to carry out performance profiling and analysis, and deliver feedback to the performers in a manner that is suitable for them.

### **Unit 8: Organisation of Events (Coursework Assessed)**

This unit is designed for you to develop skills in planning, promoting and delivering a sports event; with a focus primarily on your individual role as well as working as part of a team and reflecting on your input and future personal development.

### **Unit 13: Health and Fitness testing for Sport and Exercise (Coursework Assessed)**

In this unit you will learn a range of fitness tests, what they test and their advantages and disadvantages. You will learn how to complete client consultations which will give you the background knowledge you need about a client to be able to plan and deliver appropriate fitness tests. You will then learn how to interpret the data

acquired from fitness tests and how best to feed this back to the client so that they can go on to make informed decisions about their health and fitness training.

### **Unit 11: Physical activity for groups (Coursework Assessed)**

This unit will allow you to develop a knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives. This knowledge and understanding will then support you in planning suitable physical activity sessions for the groups identified and the considerations that need to be taken into account for each of them.

### **Unit 17: Sports Injuries (Coursework Assessed)**

This unit will teach you how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.

### **Unit 18: Practical Skills (Coursework Assessed)**

This unit gives you the opportunity to participate in a number of different sports and outdoor and adventurous activities which allows you to experience first-hand situations that participants you may later be coaching or leading will come across. In this unit you will learn how to apply skills, tactics, techniques and knowledge in individual sports, team sports and outdoor and adventurous activities which will allow you to participate effectively, safely and enjoyably.

### **Unit 19: Sport and exercise psychology (Coursework Assessed)**

In this unit you will learn different motivations that people have for participating in sport and exercise and how performance can be managed through an understanding of attribution theory, stress and group dynamics. You will also learn the impacts that participation in sport and exercise can have on a person's mental health and wellbeing, whether an elite performer or a member of the general public.

## **Unit 1 Body Systems Task:**

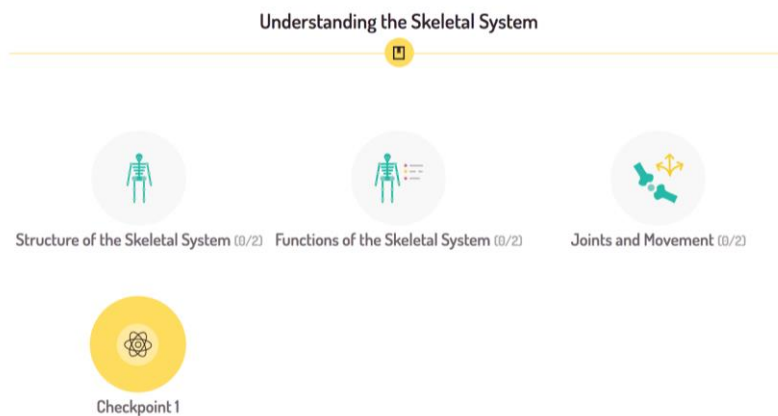
Using your TheEverlearner software you have been given access to you must complete the following tasks. This work can be tracked by your teachers so therefore you must be completing the work by the set deadline.

For each of the 5 sections there are lesson tutorials to watch and take notes on (there is a section specifically for this), this will give you a good understanding of the topics, it then allows you to give yourself a practice test which you can use your notes to support and take your time to read over the questions and plan a response. Finally after each tutorial there is a test yourself section, this will record your results so your teacher can see it.

At certain points during the tutorials there are checkpoints which are tests which consolidates your learning so far.

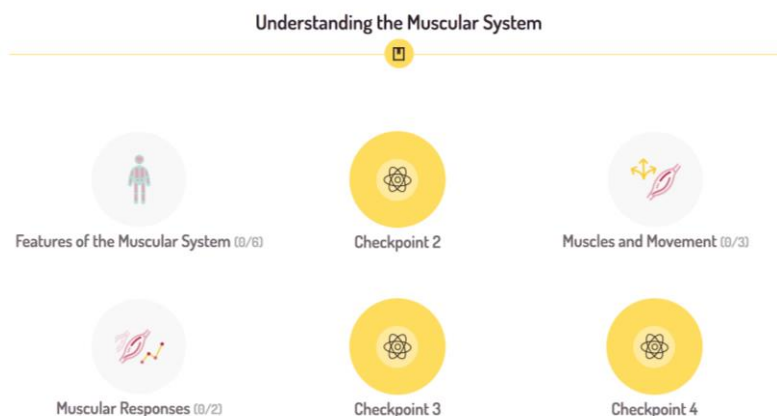
### **Task 1: Understanding the Skeletal system**

Deadline:



### **Task 2: Understanding the Muscular system**

Deadline:



### Task 3: Understanding the Cardiovascular System

Deadline:

#### Understanding the Cardiovascular System



Structure and Values of the Cardiac System (0/2)



Cardiac Cycle (0/3)



Cardiovascular Responses (0/2)



Checkpoint 5

### Task 4: Effects of Exercise on the Respiratory System

Deadline:

#### Effects of Exercise on the Respiratory System



Structure and Function of the Respiratory System (0/3)



Lung Volumes and Breathing Control (0/2)



Respiratory Responses (0/3)



Checkpoint 6



Checkpoint 7

### Task 5: Effects of Exercise on the Energy System

Deadline:

#### Effects of Exercise on the Energy Systems



ATP (0/1)



Energy Systems (0/4)



Recovery Processes (0/2)



Checkpoint 8



Checkpoint 9

**Task 6:** From your Everlearner work you should now be able to complete the table about the functions of the skeleton.

<b>Skeletal Function</b>	<b>Explanation</b>
<b>Shape</b>	
<b>Support</b>	
<b>Protection</b>	
<b>Movement</b>	
<b>Blood Cell Production</b>	
<b>Mineral Storage</b>	

**Task 7:** The movement that bones enable us to make are given specific names. This means that you can more accurately explain these movements to someone, for example, to a physiotherapist when you are injured.

Can you complete the table with a description of what happens when each action takes place.

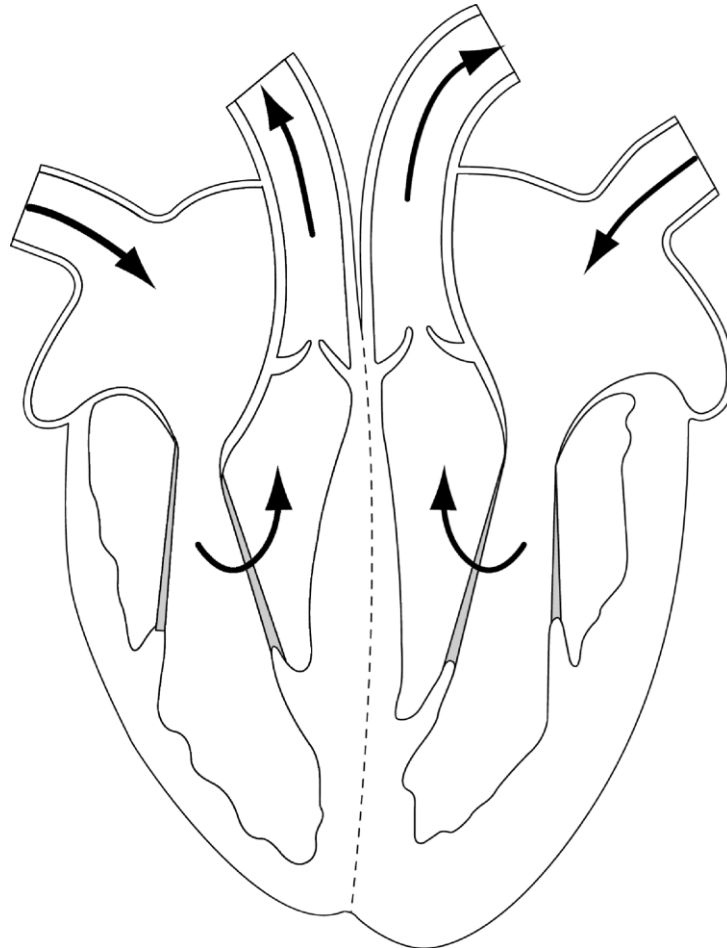
Type of joint movement	Description
Flexion and Extension	
Lateral Flexion	
Abduction and Adduction	
Horizontal abduction and adduction or horizontal flexion and extension	
Medial and lateral rotation	
Circumduction	
Pronation and supination	
Dorsiflexion and plantar flexion	



**Task 8:** Label the heart and distinguish between the deoxygenated and oxygenated blood by colouring them a different colour. (In the heart also)

Deoxygenated blood

Oxygenated



b) Fill in the table below to explain the role of each part of the heart:

Heart Structure	Role in relation to blood flow
Atria	
Ventricles	
Bicuspid and Tricuspid valves	
Pulmonary and Aortic valves	
Aorta	
Venae Cavae	
Pulmonary Artery	
Pulmonary Vein	

**Task 9:** Energy systems- From your knowledge about Energy systems

The triathlon is an athletic event that involves performers undertaking a long distance swim, immediately followed by a cycle race and then finally a run of several kilometres.

(a) What would be the major *energy sources* used by a triathlete? (3 marks)

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(b) Briefly explain how these energy sources are used for *regeneration* of ATP. (5 marks)

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### **Unit 3 Sports Organisation and Development Task:**

**Task 10:** In the table below are the organisations that are involved in sport within the UK. Research each one and explain their involvement within sport.

<b>Organisation</b>	<b>Involvement in Sport</b>
<b>Department for Culture, Media and Sport</b>	
<b>Department for Education</b>	
<b>Department of Health</b>	
<b>The National Disability Sports Organisations (NDSOs)</b>	
<b>National Lottery</b>	
<b>The Sport and Recreation Alliance</b>	
<b>Sport England</b>	

**Task 11:** From your sport give an example of an NGB

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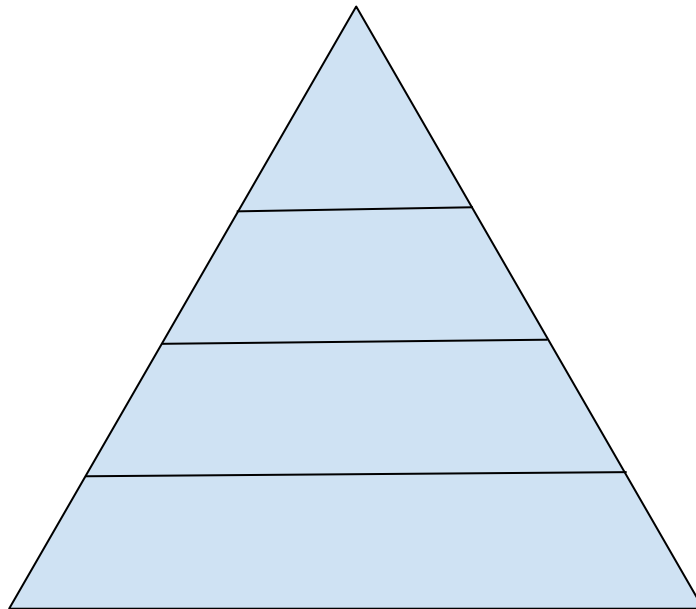
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**Task 12:**

Here is the Sports Participation Pyramid, can you complete the different levels of participation. Then describe what happens at each stage of it and what level you will be playing at during each stage. Also where are you on the Participation Pyramid?



**Task 13:** Research around the topic of Sports Development.  
Definition of Sports Development:

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There are four different target groups. Can you identify them and then explain how they can benefit from Sports Development.

Group 1:

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Group 2:

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Group 3

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Group 4

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**Task 14:**

**Unit 17 Sports Injuries Task**

- Choose a sport of your choice.
- Research and write down the laws and rules within your chosen sport which help prevent injuries.

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**Resources / Equipment**

- Writing pad to take notes on.
- Pen / Pencil
- Highlighter Pens
- Textbook (available on Amazon)
- Folder

