



# Cambridge Technical in Sport and Physical Activity Transition Pack

## Course Information and Summer Activities

***Note: To be completed summer 2017/18.***

Read through the enclosed resources and complete the tasks / questions where necessary.

At the beginning of the year 12 course you will be assessed on your knowledge and understanding of these areas via past exam questions.

The mark that you achieve within this piece of coursework will act as an indicator as to your suitability to the Cambridge Technical in Sport course.

## Introduction

The course is studied over three different levels:

- Single
- Double

Depending on which level you have chosen to study will depend how many guided learning hours you have to complete the course.

### Cambridge Technical Extended Certificate in Sport and Physical Activity (Single)

This is equivalent to 360 guided learning hours and to one A level. You will cover 5 different units, two of which being externally assessed. The course provides you the opportunity to develop core specialist knowledge in the sport and physical activity sector.

The units you will cover are:

- Unit 1 – Body systems and the effects of physical activity (externally assessed)
- Unit 2 – Sports coaching and activity leadership
- Unit 3 – Sports organisation and development (externally assessed)
- Unit 17 – Sports injury and rehabilitation
- Unit 19 – Sport and exercise psychology

Unit 1 – Body systems and the effects of physical activity is one of the bigger units you will study and will take 90 guided learning hours to complete. You will sit an exam that will last 1 hour 30 minutes and you have the opportunity to gain 70 marks. It is a written paper and comprises of multiple-choice questions, short answer and questions requiring a more extended response.

Unit 3 – Sports organisation and development will take 60 guided learning to complete. This is exam is shorter, only lasting 60 minutes and you have the opportunity to gain 60 marks. Again it is a written paper comprising of multiple choice questions, short answer and extended responses.

**You need to pass both of these exams in order to pass the course.**

## **Cambridge Technical Diploma in Sport and Physical Activity (Double)**

This is equivalent to 720 guided learning hours and to two A levels. You will cover 11 different units, three of which are externally assessed. The course looks at giving you the opportunity to develop the core knowledge, skills and understanding required by the sport and physical activity sector and to develop further skills of coaching by following the coaching route.

The units you will cover are:

- Unit 1 – Body systems and the effects of physical activity (externally assessed)
- Unit 2 – Sports coaching and activity leadership
- Unit 3 – Sports organisation and development (externally assessed)
- Unit 4 – Working safely in sport, exercise health and leisure (externally assessed)
- Unit 8 – Organisation of sports events
- Unit 10 – Biomechanics and movement analysis
- Unit 11 – Physical activity for specific groups
- Unit 13 – Health and fitness testing for sport and exercise
- Unit 17 – Sport injuries and rehabilitation
- Unit 18 – Practical skills in sport and physical activities
- Unit 19 – Sport and exercise psychology

Unit 1 – Body systems and the effects of physical activity is one of the bigger units you will study and will take 90 guided learning hours to complete. You will sit an exam that will last 1 hour 30 minutes and you have the opportunity to gain 70 marks. It is a written paper and comprises of short answer and questions requiring a more extended response.

Unit 3 – Sports organisation and development will take 60 guided learning to complete. This exam is shorter, only lasting 60 minutes and you have the opportunity to gain 60 marks. Again it is a written paper comprising short answer and extended responses.

Unit 4 – Working safely in sport, exercise, health and leisure, again is 90 guided learning hours and is worth 70 marks. It is a written paper comprising of short answer questions and extended responses.

**You need to pass the examined units to pass the course.**

## **Cambridge Technical Extended Diploma in Sport and Physical Activity (Triple)**

This is equivalent to 1080 guided learning hours and to three A levels. You will cover 15 different units, with several units being externally assessed. The course looks at giving you the opportunity to develop the core knowledge, skills and understanding required by the sport and physical activity sector to develop further skills of coaching by following the coaching route.

The core units you will cover are:

- Unit 1 – Body systems and the effects of physical activity (externally assessed)
- Unit 2 – Sports coaching and activity leadership
- Unit 3 – Sports organisation and development (externally assessed)
- Unit 4 – Working safely in sport, exercise health and leisure (externally assessed)
- Unit 11 – Physical activity for specific groups

**You need to pass the examined units to pass the course.**

The optional units are still to be confirmed.

## **Unit 2 – Sports coaching and leadership**

The aim for this assignment is to see how sports coaches and leaders would become employed and plan, deliver and review a series of sports or activity sessions. You will be given a work-related scenario so you can apply your skills, knowledge and understanding needed to achieve the unit.

To pass this assignment you will need to meet the requirements of all the pass criteria. If you miss just one pass criteria, you will not achieve the unit. You will be given the resources necessary to pass the assignment. If you don't understand anything, please ask, but it is your responsibility to read the assignment through and make sure you understand what is needed before you hand any work in or present your work.

You are not to copy and paste work off the internet. Plagiarism is taken very seriously within the Academy. If you are caught plagiarising work, this will be an automatic fail and you may not be allowed to continue with the qualification. If you do take any quotes off the internet you must reference them within your work correctly. If you do reference someone else's work, make sure it is relevant to what you are writing about.

### **Scenario**

Sportasaurus L.td.

Sportasarus Ltd. is a privately owned sports company looking to develop the skills of children and young people through sports or physical activity sessions and programmes. The company focuses on providing high quality sports and physical activity sessions and programmes to primary schools and leisure centres, with the emphasis on the personal development of each individual taking part.

The company is currently looking to expand its provision across a greater range of sports and age groups. They are looking for talented coaches and leaders to join the company and deliver fun, exciting and safe sports and physical activity sessions to different people and organisations in the local area.

## **Task 1: Getting the job**

(This task should take between 3 and 4 hours.)

Prepare for an interview at Sportasaurus Ltd. in which you will be asked questions about the roles and responsibilities of sports coaches and leaders, how they differ from each other and from those of PE teachers, as well as how sports coaches and leaders can help support healthy, active lifestyles.

As part of the interview process you will have to deliver a presentation on the principles that underpin coaching and leading.

Learning Outcome 1 – Know the roles and responsibilities of sports coaches and leaders

Learning Outcome 2 – Understand the principles which underpin coaching and leading.

### **Your task is to:**

P1: Describe the roles and responsibilities of sports coaches and leaders

P2: Describe how sports coaches and leader support a healthy and active lifestyle

P3: Compare the different roles and responsibilities of those involved in teaching and delivering sport

P4: Explain how different leadership styles and personalities can support different stages of group development

M1: Evaluate the importance of different attributes in supporting the principles of leadership and group dynamics

### **Evidence you need to produce:**

You have been asked to prepare a presentation, which will detail your findings. This will form the interview for the job at Sportasaurus.

## **Task 2: Planning for success**

(This task should take between 3 and 4 hours.)

Learning Outcome 3: Be able to plan sports and activity sessions.

Having been successful in getting the job at Sportasaurus Ltd., and as part of your induction, you have been asked to deliver a six week programme of sport and physical activity sessions at a local primary school. You have been asked to put together a plan for the sessions to show the school how their students' needs will be met, what the content of the sessions will be, how the students' will be kept engaged and motivated, any resources you need from the school and how, over the six week period, the sessions will progress and develop the students' physical ability.

Your task is to:

P6: Establish participants' needs for sports or activity sessions

P7: Plan effective sports/activity sessions which are appropriate to participants' needs.

Evidence you need to produce:

Through the form of a written report you must state and describe the participants' needs. You must also write, in detail, two effective sports/activity sessions which are appropriate to the participants' needs.

Please use the outline of the session plan provided, if you wish, it can be typed up,

**Sportasaurus Ltd. session plan**

Leaders name:	Group:	No of boys/girls present:	Known Medical Issues:
Date:	Activity space:	Topic:	

**Session Aims** – What do you want to achieve by the end of the lesson? Including a Risk Assessment

Risk Assessment –

**Learning Objectives**

Time:	<b>Starter Activity – Warm Up</b>
Time:	<b>Main Activity</b> – Including what you are going to do as a coach and also what you want the students to do. Include any organisational changes you will need to do (you may also want to include diagrams)



Time:	Cool Down Activity –

### **Ready for September**

You will need to complete the transition pack and be prepared to present your findings within the first week back. Failure to do so will jeopardize your place on the course.

Good luck.