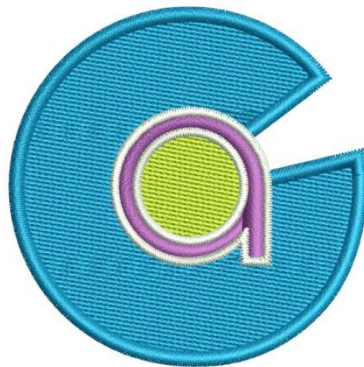


Cambridge Technicals

Level 3 Extended

Certificate



Countesthorpe
Academy

PE Dept

Transition Booklet

Exam Board:- OCR

Name:

A note from Mrs Rose and Miss Mason...

Welcome to the Cambridge Technical Sports course, the PE department and I hope that you will enjoy the study of Sport over the next two years in an area that offers lots of opportunities to develop skills and knowledge that will provide you with a compass for life.

The Cambridge Technicals Sport and Physical Activity provide you with practical opportunities to be able to develop core skills that will allow you to progress onto University, apprenticeships or employment. The pathways that you will study will further enhance your ability to deliver sport and physical activity to a wide range of participants.

The expectation is that you will complete the tasks set in this booklet prior to your first lesson so that you are able to make a great start to the academic year.

If you have any questions or queries regarding the course please do not hesitate to contact us via email:

nrose@clcc.college

smason@clcc.college

Best Wishes

Mrs Rose and Miss Mason



Course Overview

Over the two years you will study a variety of units

- **Unit 1** - Body systems and effects of Physical Activity
- **Unit 2** - Sports Coaching and activity leadership
- **Unit 3** - Sports Organisation and Development
- **Unit 11**- Physical Activity for Specific Groups
- **Unit 12**- Nutrition and diet for sport and exercise
- **Unit 17**- Sport and exercise psychology

The method of study will vary depending on the subject that you are studying at the time. Two of the units are an external examination whilst the remaining units are internally assessed coursework that is completed in lessons and at home in your own time.

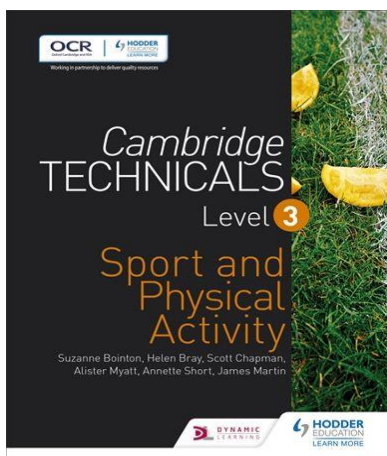
Resources

In September, please ensure that you have the following for your first lesson:

- A lever arch folder
- Dividers
- Plastic wallets
- A4 lined paper
- Pens, pencils, rulers and highlighters

Textbook

It is strongly recommended that you purchase the following book as this will be an invaluable resource for you to complete your coursework and revise for exams over the two year course:



Author: Suzanne Bointon, Helen Bray, Scott Chapman, James Martin, Alister Myatt, Annette Short

ISBN: 9781471874857

Publisher: Hodder Education

Date: October 2016

Task 1 - The Skeletal System

Learning Outcome 1 - Understand the skeletal system in relation to physical activity

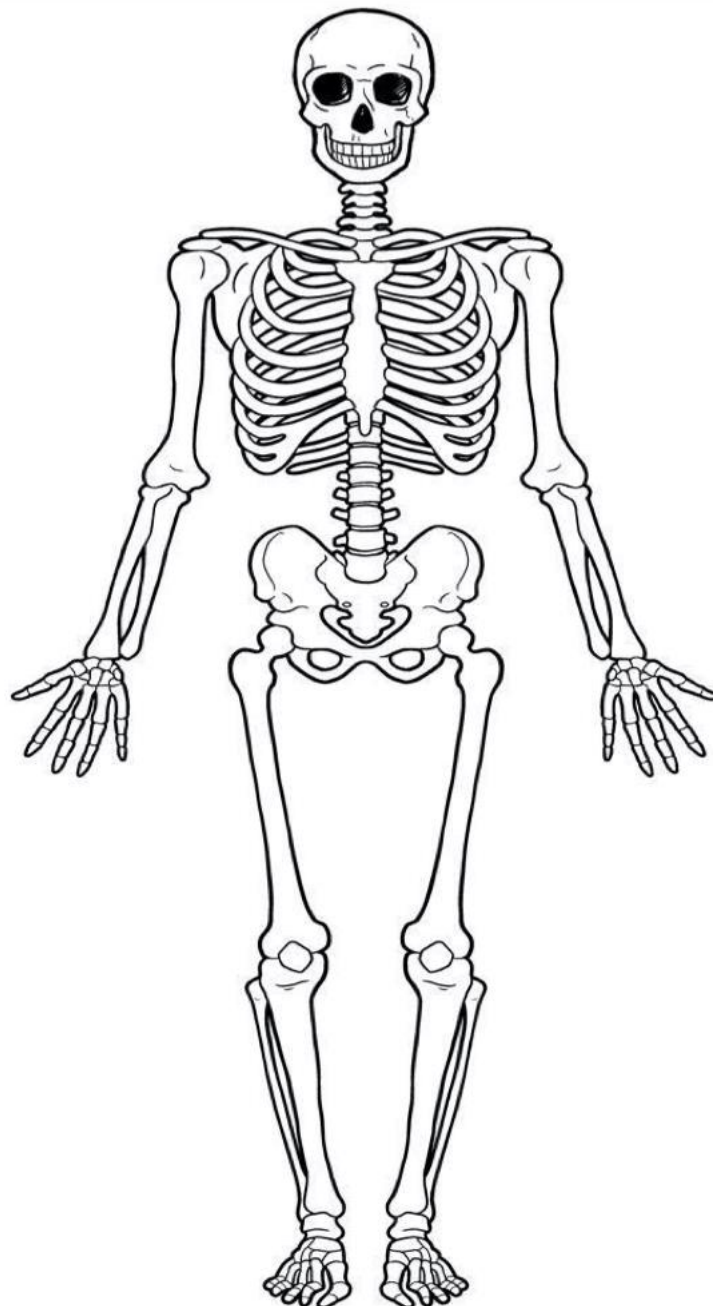
Title: Identification of the axial and appendicular skeletons

Task 1: Label the diagram below with all the major bones in the skeleton. Use the following resource to help you

http://www.bbc.co.uk/science/humanbody/body/factfiles/skeleton_anatomy.shtml

Task 2: Use two different colours to highlight the axial and appendicular skeleton. The following video will help you complete this task.

<https://www.youtube.com/watch?v=DLxYDoN634c>



Task 2 - The Skeletal System

Learning Outcome 1 - Understand the skeletal system in relation to physical activity

Title: Types of bone and their function

Task 1: Review the following website:

<https://www.visiblebody.com/learn/skeleton/types-of-bones>

Task 2: Complete the table below:

Type of Bone	Classification Functions of bone	Examples of bones and location

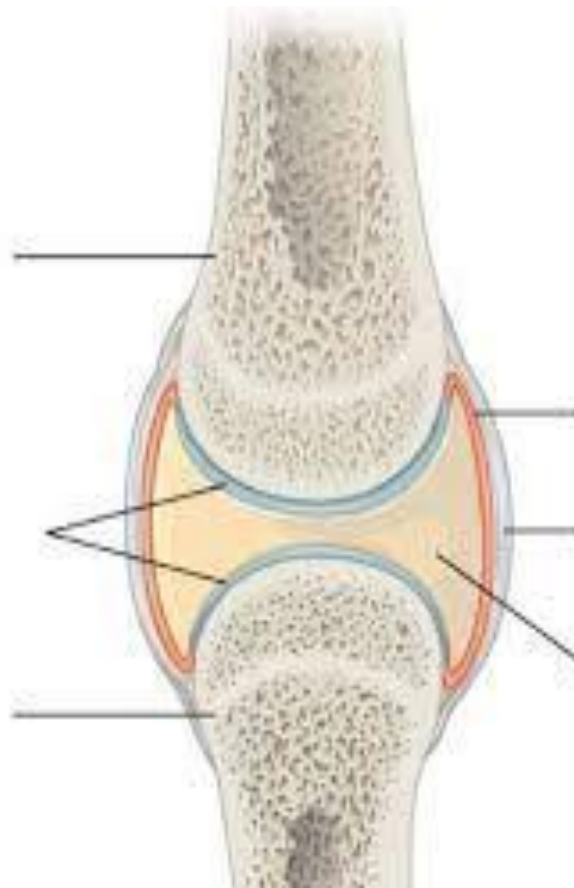
Task 3 – The Skeletal System

Learning Outcome 1 - Understand the skeletal system in relation to physical activity

Title: Joints and movement

Task 1: Use the following video to complete the diagram of a synovial joint.

<https://www.youtube.com/watch?v=F6j43JxSmVM>



Task 2: There are three different types of joints within the body. These are classified as fixed, slightly moveable, and freely moveable (synovial joints). You need to research on these three different types of bones and complete the following table.

Task 4 – The Skeletal System

Learning Outcome 1 - Understand the skeletal system in relation to physical activity

Title: Effects of physical activity on the skeletal system

Task 1: Review the following websites and make notes:

<https://www.livestrong.com/article/131711-what-are-effects-exercise-skeletal-system/>

Task 2: Read the following statements and complete the table on the next page by inserting the statement into the box.

- Increased range of movement at joints Increase in synovial fluid
- Less likely to be injured
- Increased bone density
- Bones become bigger
- Bones are quicker to heal after injury
- More calcium in the bone
- Increased mineral content
- Increased osteoblast activity
- Ligaments get warmer and are more stretchy Bones weigh more
- Reduced chance of osteoporosis
- Stronger ligaments
- Increased thickness of hyaline cartilage Bones become more supple.

Long-term effects of exercise/training	Short-term effects of exercise/training
Both long-term and short-term effects of exercise/training	False Statements