

Wyke Sixth Form College

YEAR 11 SUMMER WORK

Level 3 Cambridge Technical (CTEC)

Extended Diploma in Sport and Physical Activity

(3 x A level equivalent)



Name

.....

Introduction Page

Welcome to your Wyke summer work. Everything in this booklet must be completed over the summer to hand back in at enrolment week, which is week commencing 30/08/22. This summer work is important to see where you are at as a new student and where you may need support. This booklet gives you an insight into the first 2 units you will study at Wyke Sixth Form College in September. You should use your prior knowledge & any resources available to you to help you complete this booklet to the best of your ability.

This includes: Unit 1: Body Systems, Unit 2: Sports Coaching and Unit 3: Sports Development.

Information on the course

The Extended Diploma is an Applied General qualification and takes 1080 guided learning hours to deliver which means it is **equivalent to three A Levels**. Taking the Extended Diploma Certificate will provide you with the opportunity, through applied learning, to develop the core specialist knowledge, skills and understanding required within the sport and physical activity sector in addition to **aiding progression onto higher education** on a sport-related programme such as Sport and Physical Education, Sport Science, Sport Coaching, sports rehabilitation and Development or Sport and Leisure Management.

Over the 2 year course you will be studying a total of 19 **different units'** detail of which can be seen in the table below

Year 1	Year 2
<p>Unit 1 Body Systems Unit 2 Sports Coaching Unit 3: Sports Organisation and development Unit 4: Working Safely in Sport, Exercise, Health and Leisure. Unit 6: Group Exercise to Music Unit 10: Biomechanics and Movement Analysis Unit 11: Physical Activity for Specific Groups Unit 12: Nutrition and Diet for Sport and Exercise Unit 17: Sports Injuries and rehabilitation</p>	<p>Unit 5 Performance Analysis in Sport and Exercise Unit 8 Organisation of Sport Events Unit 13 Health and Fitness Testing for Sport and Exercise Unit 14 Working in Active Leisure 18 Practical Skills in Sport and Physical Activities Unit 20 Sport and Exercise Sociology Unit 21 The business of sport</p>

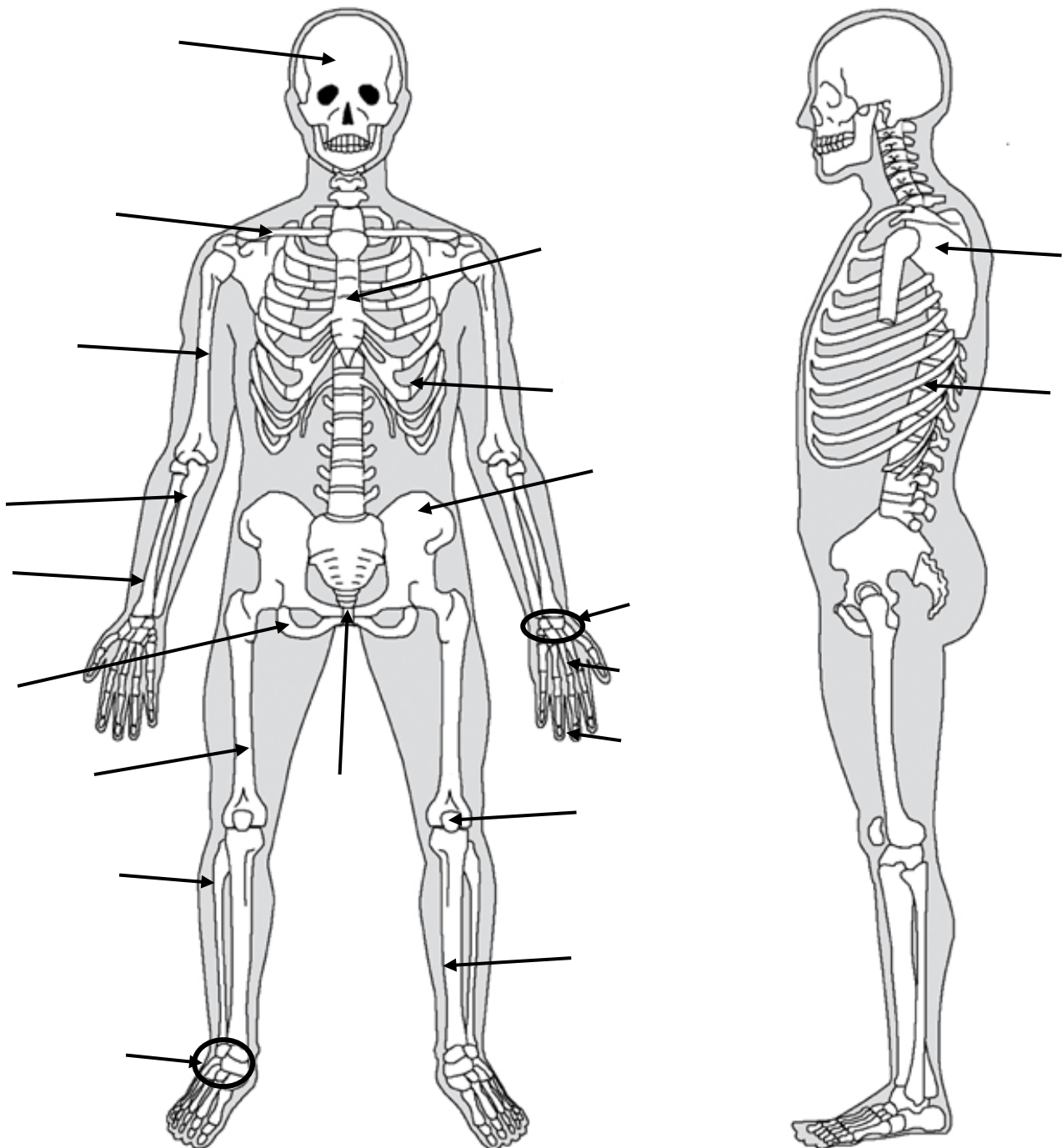
General information

- The 2-year course includes four external exam based assessments (highlighted above)
 - ✓ **2 resits are permitted but at a cost to the student**
- Grades are awarded per unit and then an overall qualification grade will be calculated at the end of the two years
- This qualification provides progression onto university / degree apprenticeships / apprenticeship or employment

Unit 1: Body Systems

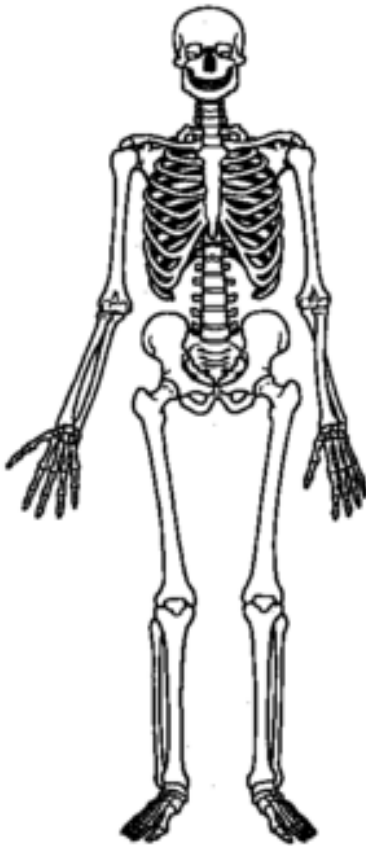
The structure of the skeletal system

Label the skeleton





Empty rounded rectangular box for notes.



Axial	
Bones	
Function	
Appendicular	
Bones	
Function	

Large empty rounded rectangular box for notes.

The functions of the skeleton

Identify and describe the functions of the skeleton

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Types of bones

Name the type of bones, their function and how the bone carries on their function...

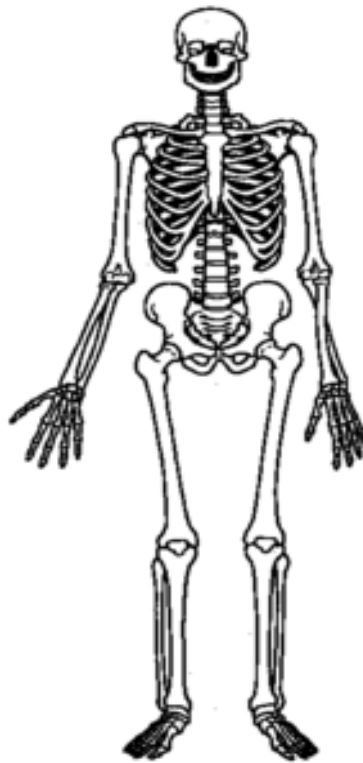
Name	Function	How this type of bone carries on their function

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Useful links <http://learn.visiblebody.com/skeleton/types-of-bones>

Types of synovial joints

Circle the following joints knee, shoulder, hip, elbow, wrist, ankle, neck, thumb, tarsals/carpals



Joint	Bones	Type
Knee		
Shoulder		
Hip		
Elbow		

Wrist		
Ankle		
Neck		
Thumb		
Tarsals/Carpals		

Structure and functions and synovial joints

Name	Function	Movement potential	Places in the body

The impact of physical activity, training, and lifestyle on the skeletal system

Short Term	
Long Term	

Unit 2: Sports Coaching

Roles & Responsibilities of coaches/ activity leaders

Assignment 1 Learning Criteria

Roles and responsibilities of sports coaches and activity leaders

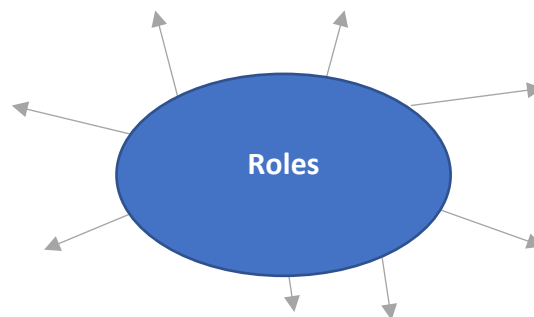
Describe the roles and responsibilities of sports coaches and activity leaders

List as many good leaders as possible

(Why that person is a good leader?/ what makes them a good leader?)

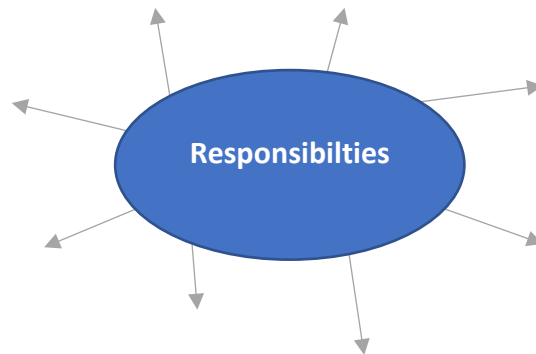
What is a role?

What roles might a coach/ leader of an activity have?



What is a responsibility?

What responsibilities might a coach/ leader of an activity have?



SUCCESSFUL COACHES/ LEADERS EXAMPLES

Select 2 people who you believe are successful coaches or leaders

Which of the roles or responsibilities each person demonstrates and examples of when....

How the roles and responsibilities involved in teaching and delivering sport differ...

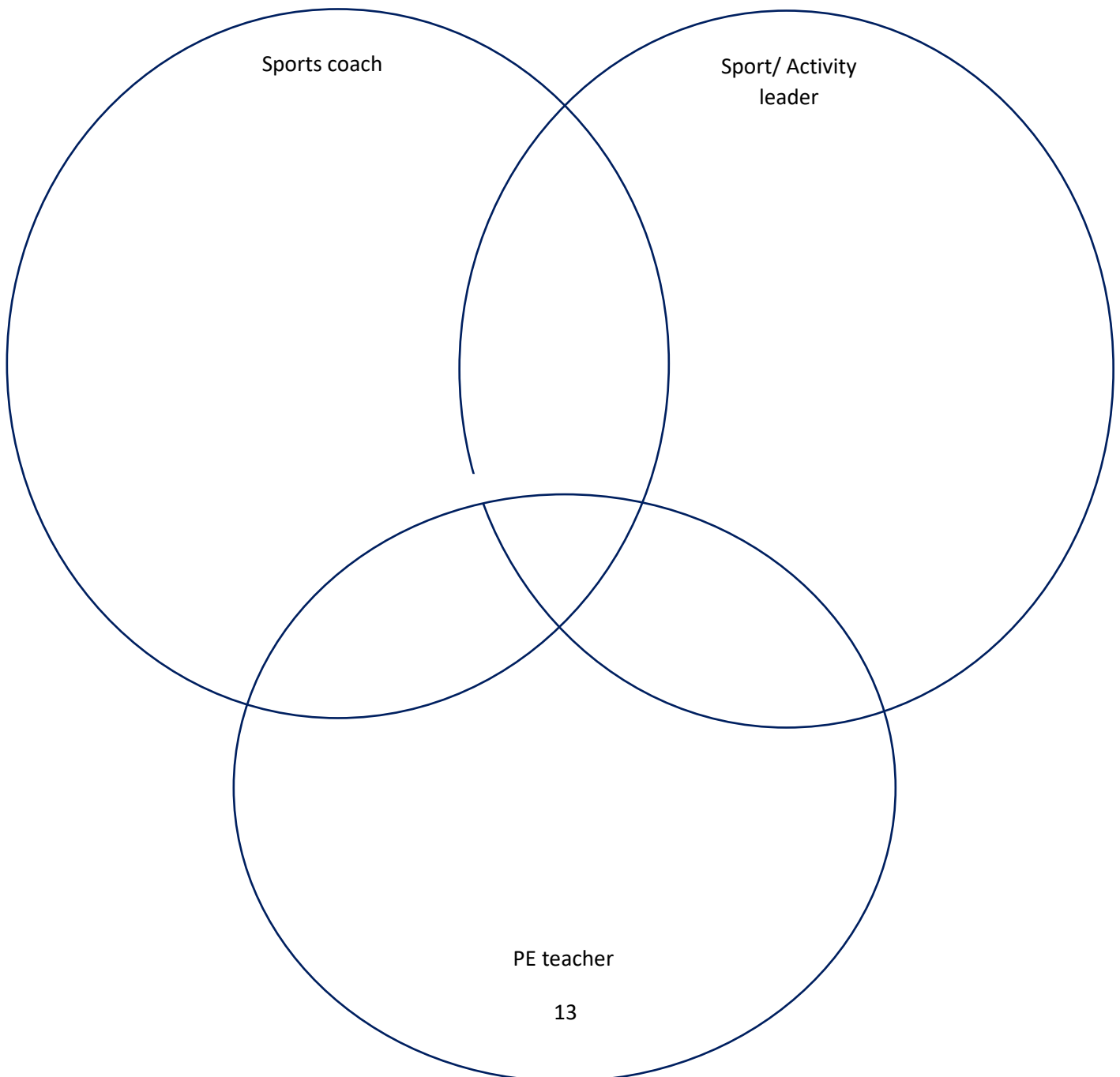
What are the roles and responsibilities of a...

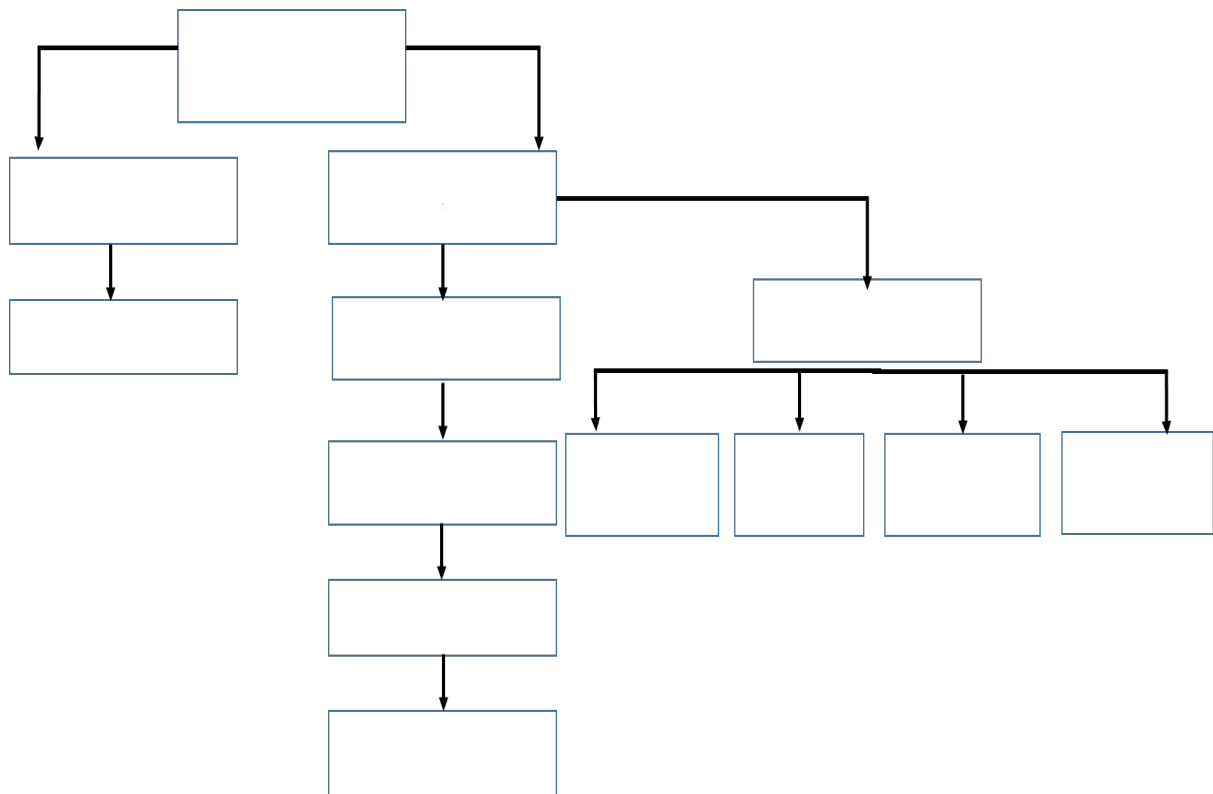
Sports coach? (someone who coaches a specific sport e.g. Saturday league football coach)

Sports activity leader? (someone who runs varied activity sessions such as fun sport summer clubs for children)

PE teacher? (a teacher who works in a secondary school or college teaching the curriculum)

Compare (similarities and differences) the different roles and responsibilities of those involved in teaching and delivering sport





1. School Sport
2. International
3. Sport England
4. Individual Sports Clubs
5. UK Government
6. National Governing Bodies
7. Key Sports
8. Dept. for Education & skills
9. Regional Sports Bodies
10. UK Sport
11. Gold Event Series
12. Performance (English Institute of sport)
13. Dept. for Culture, Media & sport

Name the organisations below

Task 2: Complete the Acronym

An acronym is a pronounceable word formed from the first letter (or first few letters) of each word in a phrase or title. The newly combined letters create a new word. Below are numerous acronyms that you will need to know about for Unit 3 sports organisation and development. Next to each one write down what you think they mean in the first column. In the final column use the internet to research what each of these mean.

<u>Acronym</u>	<u>What do the acronyms mean?</u> <u>(Guess)</u>	<u>What do the acronyms mean?</u> <u>Using the internet</u>
<u>IOC</u>		
<u>UEFA</u>		
<u>FIFA</u>		
<u>ECC</u>		
<u>ASOIF</u>		
<u>NOC</u>		

<u>Roles and responsibilities</u>	<u>Definition</u>	<u>Description</u>
<u>Column 1</u>	<u>Column 2</u>	<u>Column 3</u>
Sports Development	The development of knowledge and practice within sport	Implementing promotional campaigns and organising network
Setting Rules and Regulations	Improving numbers and consistency of those taking part in diverse and disabled sports in order to encourage healthy lifestyles	Help in preparing athletes as fully as possible for Olympics games.
Organising Competitions and Tournaments	Providing a range of material and knowledge to individuals in order to engage and develop young, elite and disabled athletes	Informing of the effects of smoking, obesity, alcoholism and mental health across the nation. Working with local and national partners to maximise school PE lessons and funding.
Increasing Participation	Provide grants and loans to educational and elite facilities.	Setting expectations regarding anti-doping equality, diversity, safeguarding, codes of conduct discipline, complaints, whistleblowing, ant bullying and harassment.
Education	The Supporting of sporting activities to benefit local	Investing in NGB's and their plans to encourage participation levels.

	communities	
Training Coaches	Putting in place expectations within sport for individuals to adhere to in order to ensure the safety and enjoyment of all those taking part in sport.	Offering badges and qualifications to individuals in order to encourage a wider spectrum of knowledge throughout all sports.
Providing Funding	The running of major events to increase and sustain involvement in grass roots and elite level sport	High performing NGB frameworks to reach talent and participation objectives and continually encourage positive movements.

Task 4: Using the table above (Matching task)

Match the roles and responsibilities in column 1 to the correct definition (column 2) and description (column 3).

Task 5: Read the article below.

Many of the organisations set out rules and regulations in specific sports. For example, NGB will oversee the rules and regulations at all levels and alter them where necessary. The Sport and Recreational Alliance are also responsible for doing this as recreational level in most sports. UK Sport and Sport England ensure that rules and regulations are set out across many sports in the UK and specifically England, whereas The National Lottery do not have this responsibility. The National Lottery help to supply money and have a responsibility to ensure that some of the major national competitions and tournaments are organised. NGB's will also help to ensure the smooth organisation of many of these events. The National Disability Sports Organisation are responsible for the increase of participation in the selected target groups and will do this using many different methods. Sport England and UK Sport also have this responsibility however their target group and methods are often slightly different. NGBS, The National Disability Sports Organisation, Sport England and UK Sport are all responsible for developing many different sports. Money is an important aspect when ensuring that competitions and tournaments can be run as well as providing the correct facilities. The National Lottery provide this money and from their NGBs, Sport England and the DCMS provide further funding and distribute this accordingly. The DCMS, Sport England, County Sports Partnership and other organisations such as The Youth Sport Trust play a large part in educating many people in different sports and the benefits of taking part in sport. Training coaches is important to ensure that sport is taught and represented in the correct manner. The National Disability Sports Organisation, many NGBs, and the DCMS all ensure this happens. Many organisations are responsible for increasing participation in many different sports. Some of these organisations are; County sports trust, local councils, NGB, Sport Recreational Alliance, DCMS and other smaller organisations. The National Lottery does not have this responsibility. DCMS ensure the continual development of sport across the UK, this is distributed down through the many organisations and many local councils will help to develop this too. The DCMS are responsible for ensuring many competitions and tournaments are organised across the world and will delegate some of their work to UK sport to ensure that UK competitions are planned for and are organised to run smoothly. It is important that sport is taught in the right context and young people are educated on its benefits as well as some of the rules and methods of playing or becoming involved. The Sport and Recreational Alliance play a large part in ensuring that students and participants are educated correctly in sport. The local councils do not however play a large part in this. The DCMS are used to set out rules and regulations across the UK and keep up to date with any changes across the European union as well as worldwide.

Task 6: Using the information from the article and the internet write down notes on the following organisations.

<u>Organisations</u>	<u>Roles and responsibilities</u>
<u>NGB's</u>	
<u>NDSO's</u>	
<u>National Lottery</u>	
<u>Sport England</u>	
<u>UK Sport</u>	

Task 7: Using your current knowledge identify what each initiative promotes.

<u>Initiative</u>	<u>What does this initiative promote?</u>
<u>This Girl Can</u>	
<u>Great British Tennis Weekend</u>	
<u>Chance to shine</u>	
<u>Kickz</u>	
<u>Swim 21</u>	