

The background of the cover features a silhouette of a man and a woman standing in a field at sunset. The sun is low on the horizon, creating a warm orange and yellow glow. The man is on the right, wearing a red tank top, and the woman is on the left, wearing a light-colored tank top. They are both raising their arms in a celebratory gesture, with their hands touching at the top. The sky transitions from a deep blue at the top to a bright orange near the horizon.

Cambridge TECHNICALS LEVEL 3

Cambridge
TECHNICALS
2016

SPORT AND PHYSICAL ACTIVITY

Version 1

Welcome...

Student Guide

- Useful
information

Teachers

- Miss C. Simeou



About the qualification:

- New course for 16-19 year olds
- **What are Cambridge Technicals?**

“Cambridge Technicals are vocational qualifications that are designed to give you a work-focused alternative to A Levels. They’ve been designed to give you opportunities to demonstrate and develop the practical application of knowledge and understanding in the areas of work that appeal to you. This will enable you to develop your research skills as you work, both independently and with colleagues, to progress through your qualifications. The assessment for the qualifications is exam based and task-based.”



How does the course work?

Qualification	Title	Pathway	Guided Learning Hours (GLH)	A-Level Equivalent	Reference
Level 3 Cambridge Technical in Sport and Physical Activity	Extended Certificate	Coaching	360	1 x A-Level	Single

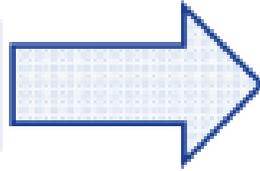
Extended Certificate

Certificate

Extended
Certificate

Foundation
Diploma

Diploma



- 360 GLH
- Vocational alternative to 1 A level
- 3 mandatory units
 - 2 externally assessed
 - 1 internally assessed
- 2 or 3 optional units (depending on choice)
 - All optional units are internally assessed

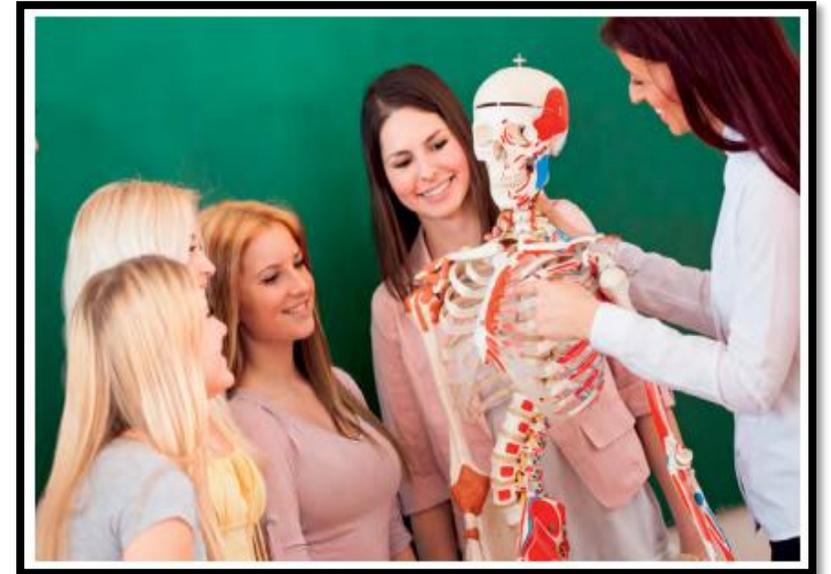
Level 3 Cambridge Technical in Sport and Physical Activity – Extended Certificate (360 GLH - Single)

Unit No.	Title	GLH	Assessment Method	Year of study
1	Body systems and the effects of physical activity	90	Exam	First Year (2016-2017)
2	Sports coaching and activity leadership	90	Coursework	
3	Sports organisation and development	60	Exam	Second year (2017-2018)
17	Sports injuries and rehabilitation	60	Coursework	
18	Practical skills in sport and physical activities	60	Coursework	
		TOTAL = 360 GLH		

Unit 1 - Body systems and the effects of physical activity

Whether you are aiming to become a coach, nutritionist, personal trainer or leisure centre manager, knowledge of the human body, its systems and how they function will help you to ensure that your clients gain the benefits of an active, healthy lifestyle. By understanding the effects that physical activity, training and lifestyle can have on the body systems, you can ensure that sports and activities are properly focused and do not risk a client's health or wellbeing, and will help you to persuade others to pursue and maintain a balanced, active and healthy lifestyle.

In this unit you 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.



Questions?

Do you have any questions about the course?



Summer Task - 1:

Students should investigate and produce a poster that could be displayed in the classroom to show the short-term and long-term effects of exercise on the:

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system

Summer Task - 2:

Produce a powerpoint presentation that **describes** the 'Classification of skills', **explains** what they mean and gives **examples** of where this can be found in sport:

- open/closed
- gross/fine
- simple/complex
- discrete/serial/continuous

Summer Task - 3:

Choose a sports coach or leader in sport. Produce a report that **describes** what makes a successful leader, using the headings below. Include a picture of your chosen coach or leader if possible:

- communication skills
- able to establish and maintain relationships
- knowledge of the activity
- organisational skills
- empathy

Task:

- You will produce a labelled diagram of the skeleton and list the functions of the skeleton.

