

Learning objectives:

- To gain an understanding of the requirements of your chosen subject in preparation for a September 2022 start

# Welcome...

## Student Guide

This will be shared electronically with you via email & a hard copy.



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# Starter



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## Explanation

## Core Expectations for **Every Lesson**

1. Attend lessons on time and in professional attire
2. Be prepared for each lesson by ensuring you bring the appropriate equipment
3. Ensure all work is organised in the appropriate section of your subject folder
4. All deadlines must be met to avoid a 6 week “Risk of Failure” program
5. Respect the classroom, Replace chairs, Rubbish in bins
6. Speak to **ALL** members of the HT community with respect
7. No mobile phones/ear pods to be used in lessons or around the school
8. Starters are to be completed in silence
9. Be proactive and not reactive
10. Expect to work harder than you ever have before



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## Explanation

# About the qualification:



- 2022-24 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.”



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# How does the course work?

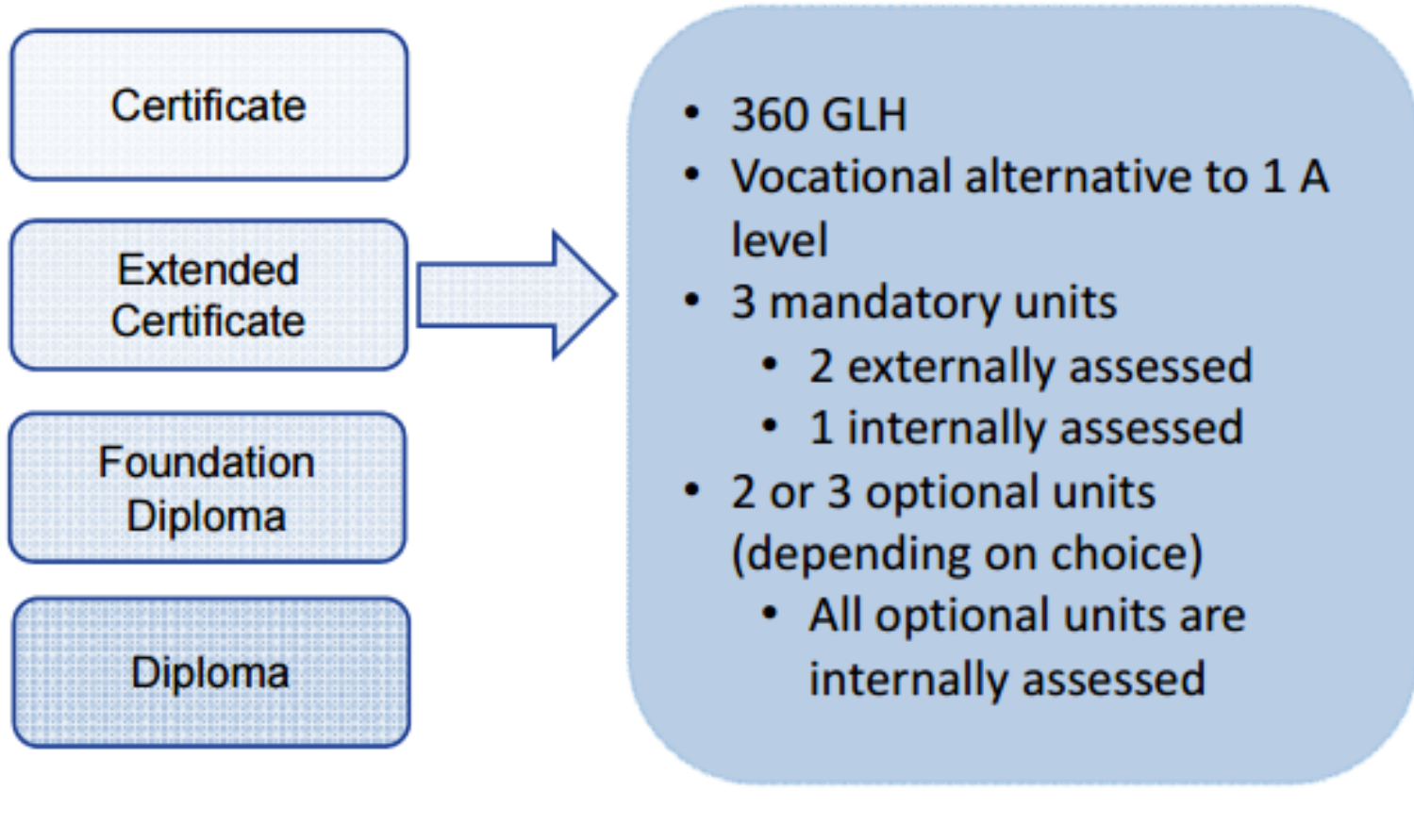
Qualification	Title	Pathway	Guided Learning Hours (GLH)	A-Level Equivalent	Reference
Level 3 Cambridge Technical in Sport and Physical Activity	Extended Certificate	Coaching	360	1 x A-Level	Single



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# Extended Certificate



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# Explanation

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

Unit No.	Title	GLH	Assessment Method	Year of study
1	Body systems and the effects of physical activity	90	Exam	First Year (2022-2023)
2	Sports coaching and activity leadership	90	Coursework	
3	Sports organisation and development	60	Exam	Second year (2023-2024)
17	Sports injuries and rehabilitation	60	Coursework	
18	Practical skills in sport and physical activities	60	Coursework	
		TOTAL = 360 GLH		



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## CTEC Sports Studies Overview

### Unit 1

#### Body Systems & The Effects of Physical Activity

- 🏋️ **LO1** – Skeletal System
- 🏋️ **LO2** – Muscular System
- 🏋️ **LO3** – Cardiovascular System
- 🏋️ **LO4** – Respiratory System
- 🏋️ **LO5** – Energy Systems

### Unit 2

#### Sports Coaching & Activity Leadership

- 🏋️ **LO1** – Roles and responsibilities of leaders
- 🏋️ **LO2** – Principles of coaching/leader
- 🏋️ **LO3** – Improving skills, techniques & tactics in sport
- 🏋️ **LO4** – Planning a sports session
- 🏋️ **LO5** – Preparing a sports session (risk assessment)
- 🏋️ **LO6** – Delivering a sports session
- 🏋️ **LO7** – Reviewing a sports session

### Unit 3

#### Sports Organisation & Development

- 🏋️ **LO1** – How sport is organised in the UK
- 🏋️ **LO2** – Sports Development
- 🏋️ **LO3** – Measuring the impact of sports development
- 🏋️ **LO4** – Sports development in practice

### Unit 8

#### Organisation of Sports events

- 🏋️ **LO1** – Types of Sports events
- 🏋️ **LO2** – Roles and responsibilities
- 🏋️ **LO3** – planning and organising a sports event
- 🏋️ **LO4** – Creating promotional material for a sports event
- 🏋️ **LO5** – Reviewing and evaluating your sports event.

### Unit 18

#### Practical Skills in Sport

- 🏋️ **LO1** – Individual Performance
- 🏋️ **LO2** – Team Performance
- 🏋️ **LO3** – OAA
- 🏋️ **LO4** – Officiating



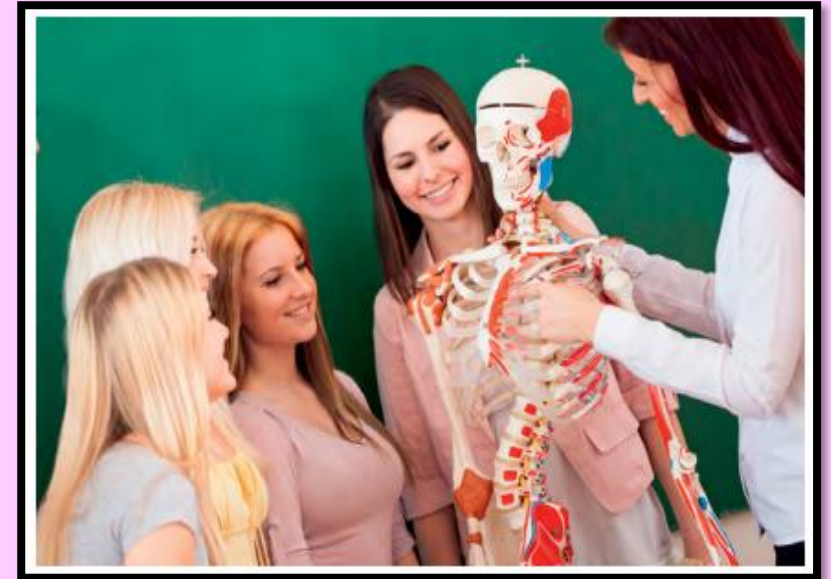
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# Unit 1 - Body systems and the effects of physical activity

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.**



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# Unit 2: sport coaching and activity leadership

- At some point throughout their lives, everyone will have experienced being coached or taught about sport and physical activity.
- Through coaching and leading, you can learn a set of skills in communication, adaptability and inclusivity which will prove valuable in other aspects of your life such as work and study.
- This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders
- You 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.
- **The main part of the unit is related to you developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions, reflecting on your own practise and using this feedback to improve your performance as a sports coach or activity leader.**



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# Possible pathways?



## Careers:

- Physiotherapist
- Sports and exercise therapist
- Sports coaching
- Personal training
  - Education
  - Nutritionist
- Sports psychology

## Further education:

- Sport therapy based degrees
  - Physiotherapy degree
  - Personal training levels
- Coaching award schemes
- Teacher training courses



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# Questions?

Do you have any questions about the course?



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# Expectations:

To be successful on this course you must:

- Have taken GCSE/CNAT PE as this provides the basic entry level knowledge
- Have been graded 4 or above in science and English
- Fully committed to coaching 6 sports sessions in personal time/after school – **this will not take place in your timetabled lessons.**
- Have both a team and practical sport you will be graded in.
- Commitment to extensive home learning to support January exam entry



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## Explanation

First half term September - October

- You will:

### Unit 1 body systems exam

- Learn about the body system and initial theory content for the exam
- Start to apply the content in exam questions

### Unit 2 sports coaching coursework

- Begin your sports coaching coursework, looking at what makes a good coach, planning your sessions and begin to consider who you are delivering to.



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## Homework

# Preparation task

- Research each aspect below and why it helps a coach to have those qualities, use examples from sport to support your responses:
- **Roles of sports coaches and activity leaders:**
- role model, motivator, planner, instructor, mentor, facilitator, demonstrator, adviser, supporter, fact finder, counsellor, organiser
- **Responsibilities of sports coaches and activity leaders:**
- Sets agreed ground rules, fair, consistent, duty of care, safeguard, assess risk, promote health and wellbeing, importance of being a role model, rules and regulations of the sport.



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# Summer Task - 1:

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



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# 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



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# 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/understanding



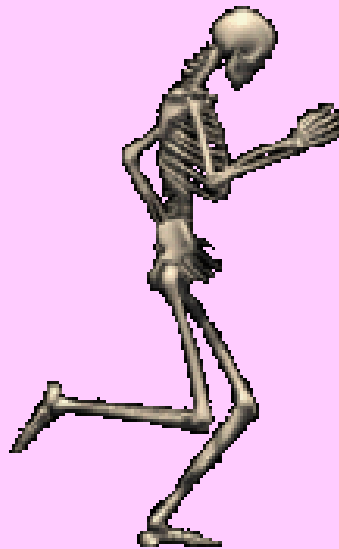
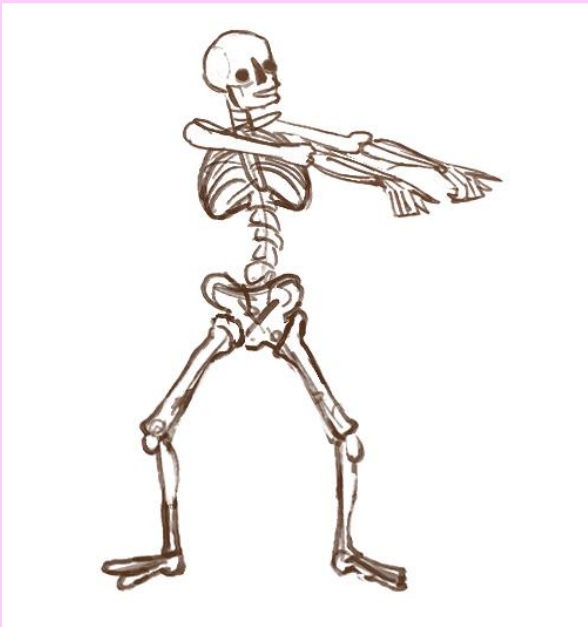
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# Homework

## Task:

- Produce a labelled diagram of the skeleton and list the functions of the skeleton.



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