



# Transition Pack

# Cambridge Technical

## Sport and Physical Activity Level 3



# Summer 2023

# Sport and Physical Activity Level 3



Cambridge Technicals are vocational qualifications designed for students aged 16+.

The qualification comprises of a range of units both internally and externally assessed. Completion of the single qualification will allow achievement of the Cambridge Extended Certificate. Completion of the double qualification will result in achievement of the Cambridge Diploma in Sport. The overall grade achieved depends on the result you get in the units when combined together.

The Extended Certificate has the following compulsory units:

- Unit 1: Body Systems and the Effects of Physical Activity
  - This unit covers the structure and function of the key body systems (Heart and Circulatory System, Skeleton, respiratory system etc) and how these are affected by or impact on sports performance
  - This unit is an **externally** assessed unit – assessed through an **examination**
- Unit 2: Sports Coaching and Activity Leadership
  - This unit teaches the qualities and characteristics of an effective sports leader along with how to deliver effective lessons as a coach or a leader.
  - This unit is an **internally** assessed unit – assessed through a range of pieces of course work and practical assessments.
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## Unit 2 -Sports Coaching and Activity Leadership Transition Work.

This work is set to be completed during the summer holidays ready for the start of year 12. It forms an essential part of the course.



### Task 1

- 1) You need to pick 6 of the 12 Roles identified above.
- 2) You need to give a definition on what that role means.

You then need to give an example of a coach that is particularly good at the "role" identified, including a picture of him/her.

### Educator

A coach should be an educator to develop the skills of athletes. They will also be aware the athletes learn in different and this would help them to make improvements from the feedback that coach gives them. Also, it would also help then to become a better athlete and a better person as well. In addition, some athletes may feel under pressure where people may have high expectations and keep giving stress to them in order to win the games. In this case, they may lead to take drugs and alcohol to make them feel relaxed. However, it's the role of the coach to help them make correct decisions when these kinds of temptations occur.

### Example



Richard Shepherd is a tutor for British Cycling's coaching and education team. In 2015 Richard delivered over 40 days of coaching education to assist in the development of more than 250 coaches. Also, Richard worked with the Namibian and Mozambique Cycling Federations in order to support and develop the community-level cycling programmes and coach education in their own countries. Richard's coaching will have a positive effect on the players as it will help them reach their personal goals, he will modify a programme to meet their needs at least every two weeks. Players will also improve in their performance, targets and goals.

This is an example of one of the roles. You need to repeat this for 5 other roles



## Task 2

You need to pick 6 of the 12 Responsibilities identified above.

You need to give a definition on what that responsibility means.

You then need to give an example of a coach that is particularly good at the "responsibility" identified, including a picture of him/her

### **Knowledge of the sport**

Detailed knowledge for coaching is essential for college and professional sports. This knowledge includes, a complete understanding of the skills, tactics and strategies required for effective training and practices. Most sports are developing over time and coach to learn new information as the competition, training techniques and rules changes is crucial. To be able to do this, coaching camps are good opportunities to learn these new techniques while gaining knowledge of the game. In addition, knowing the environment where a coach is coaching is a key part to have a successful and safe training session, for example, knowing where the first aid boxes are kept, changing rooms and emergency contacts. This ensures an efficient way in how you act if accidents happen.

### **Example**

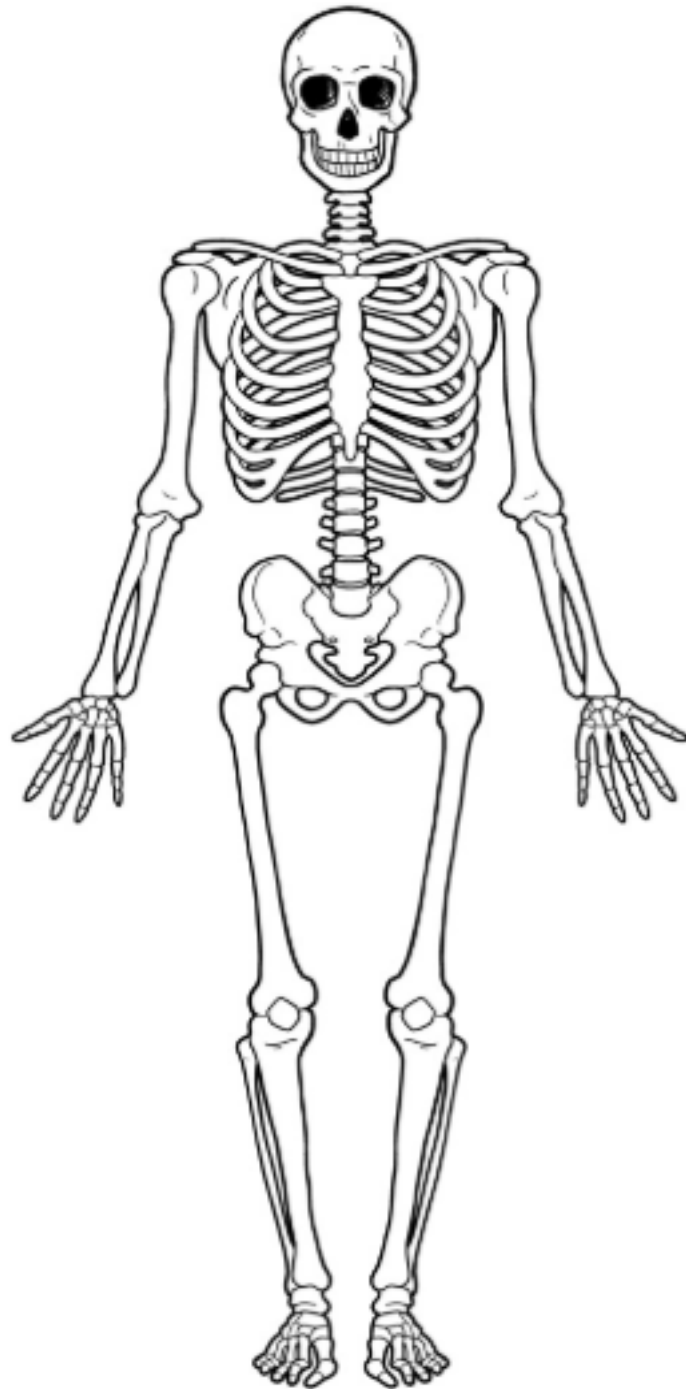
Johan Cruyff



Johan Cruyff took Barcelona to a new level by applying the tiki-taka strategy. This method is a style of play in football, which is categorised by two key elements, short and quick passes accompanied by moving the players around, working the ball through various channels and maintaining possession. This system is currently used by Spain's national team and Barça. The most important thing for Cruyff's teams was to keep the strategy simple and always forward. Then later, he implemented the total play strategy both as a player and as a manager. He won the Copa del Rey, La Liga, Supercopa de España, UEFA Super Cup and UEFA Champions League. A complete depth of the knowledge of sport for Johan is essential to be able coach. This is to achieve success and the players will be able to gain a lot of knowledge to become a good player.

This is an example of one of the responsibilities, you need to repeat this for 5 other responsibilities of a coach

Unit 1- Body Systems and the effects on physical activity



**Task 1** : Colour in the skeleton image in 2 different colours showing the Axial and Apendicular Skeleton (see below for help)

**Task 2** : Label each of the bones listed below on the diagram

**Axial skeleton:**

cranium,

sternum,

ribs,

vertebral column, i.e.(cervical vertebrae, thoracic vertebrae, lumbar vertebrae, sacrum, coccyx)

**Apppendicular skeleton**

scapula,

clavicle,

humerus,

radius

ulna

carpals

metacarpals

phalanges

ilium

ischium

pubis

femur

patella

tibia

fibula

tarsals

talus

metatarsals

**BE READY TO  
LABEL THESE ON A  
DIAGRAM IN THE  
FIRST LESSON  
BACK**



**Task 3: find 3 examples of bones for long, short and flat bones and 1 for irregular and sesamoid:**

<u>Type of Bone</u>	<u>Examples</u>
Long	
Short	
Flat	
Irregular	
Sesamoid	