



Kennicott Sixth Form Centre

Induction Task

Cambridge Technical in Sport and Physical Activity

Summer 2020



Due date: September 2020.

Cambridge Technical in Sport and Physical Activity Level 3 Diploma

Over the next two years you will be studying the Diploma (equivalent to 2 A Levels) which is divided into 11 units that are assessed in a variety of ways;

Diploma
Body systems and the effects of physical activity (Exam)
Sports coaching and activity leadership
Sports organisation and development (Exam)
Performance analysis in sport and exercise
Sport and exercise psychology
Working safely in sport, exercise, health and leisure (Exam)
Physical Activity for specific groups
Organisation of sports events
Sports Injuries and rehabilitation
Practical skills in sport and sport activities
Health and fitness testing for sport and exercise

Units that do not have **Exam** next to them are assessed through practical tasks or coursework.

This induction task is NOT optional and will become part of the formal portfolio of work that you will produce over the next two years. All tasks are graded against specific assessment criteria and are subject to external verification.



Carly Perring

Teacher of PE

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TASKS: these are from a specific selection of units on the Diploma course

- **Sports Organisation and Development**

Create a poster to show the following organisations – you need to include for each their logo, their role/mission and what they are responsible for with regards to UK sport.

Sport England, UK Sport, Department for Culture, Media and Sport, Department for Health, Department for Education and finally a National Governing Body of your choice of sport i.e. RFU or FA for example.

- **Sports Coaching and Leadership**

Consider what makes a good coach – what qualities must they have and what responsibilities must they fulfil. Consider who your coaching role model would be (someone you know personally or a national icon) and explain why. This needs to be presented as a written document. Research about type A, type B, stable and neurotic personalities and write about how these might impact on athletes if coaches display these types of personalities.

- **Sports Psychology**

Create a PP to describe **Intrinsic** and **Extrinsic** motivation using examples from sport and/or exercise. Give your opinion on how you think this might differ for elite and general participants. Carry out the personality test using the following link <https://psycho-tests.com/test/cattell-16pf>. The results are for yourself, however, consider how these might impact on your performance in sport and during your studies; did it tell you something you already knew, or something you weren't aware of and how did that make you feel. Final task is to consider your most recent successful performance and your most recent unsuccessful performance (success doesn't necessarily mean that you won the game/challenge, it might be more of a personal challenge that that); write down the reasons that you would give for these performances being either successful or unsuccessful.

All induction tasks are to be completed to the best of your ability please and handed in to Miss Perring



The lessons are co taught with Year 13 Sport and Year 12 and 13 A level PE. The pictures show you the sorts of things we get involved in as opportunities to socialise together, enhance your experience through trips and visits as well as playing sport regularly as a group.