



Kennicott Sixth Form Centre

# Induction Task

# Cambridge Technical in Sport and Physical Activity

Summer 2023



*Induction Tasks are not optional for students; they form part of the College's formal assessment and completed tasks will assist staff in identifying the students' ability for independent study and meeting home learning deadlines.*

**Due date:** September 2023

## 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 ( <b>Exam</b> )
Sports coaching and activity leadership
Sports organisation and development ( <b>Exam</b> )
Performance analysis in sport and exercise
Sport and exercise psychology
Working safely in sport, exercise, health and leisure ( <b>Exam</b> )
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

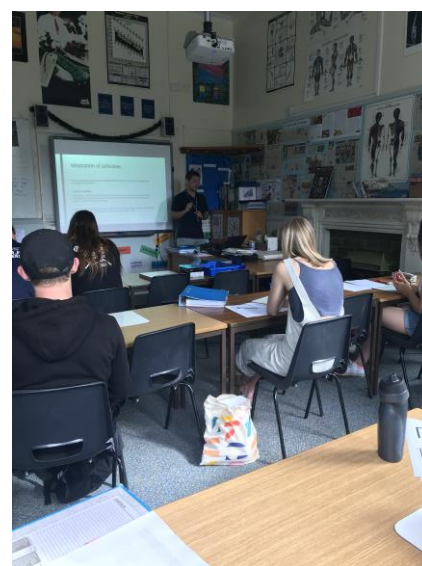
Units that do not have **Exam** next to them are assessed through practical tasks or coursework.

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

- **Working Safely in Sport, Exercise, Health and Leisure**

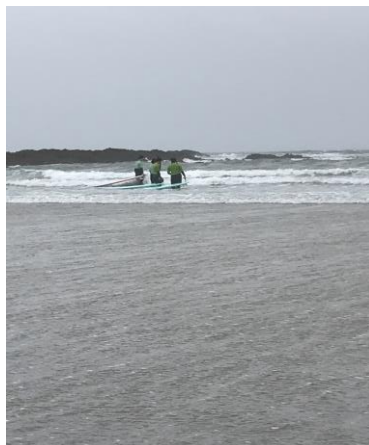
In this area of the course, you will discover how to be safe within a sport, exercise, health, and leisure environment. You will understand what legislation, roles and practices are in place. Your task is to research and describe the following associated pieces of legislation that apply in sport, exercise, health, and leisure: **RIDDOR**, **Equality Act**, **COSHH** and **DBS**. The second part of this task is for you to research and describe how you would respond to **choking**, **shock**, **wounds/bleeding** and then how to carry out the **recovery position** and effective **CPR** on an adult **and** on a child. You can choose any format to present your work.

- **Health and Fitness Testing**

In this area you will learn how to test for both health and fitness to prepare you to work within a fitness or leisure industry. Research and describe common fitness tests outlining what fitness component they are testing. Cover at least five different tests for different fitness components. Explore what health tests can be used using websites such as NHS or your local GP surgery. Using your own knowledge and research if required explain the following tests **Skin fold**, **Lung Capacity** and **HR** tests. Ensure you cover how to conduct the test, what it measures and why it would be relevant to health.

- **Body Systems (Anatomy)**

In this area of the course, you will study the structure and function of the body and how it responds to exercise. Your task has four parts to it; part one is to **draw** pictures of the six different synovial joints in the body, describe their structure, give an example in the body and identify what movement they allow. Synovial joints must be drawn not copied from the internet please. Part two is to find a picture of the muscles in the body and **label** them; please do not simply copy and paste a picture from the internet, it needs to be a blank diagram which you label. Part three is a bridging task from GCSE and is to **draw** a picture of the heart and **describe** the path of the blood going through it. You also need to **describe** the different blood vessels in the body covering arteries, arterioles, capillaries, venules and veins. You can choose any format you want to present your work.



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.*