



Transition Pack

OCR Cambridge Technical Level 3 Extended Certificate

The idea of this pack is for you to have a little bit of an insight into the Ctech PE course you will be undertaking in September. Some of the resources in this pack are for you to read, some will direct you to media sources and some are tasks for you to undertake in order to get acclimatised to some of the various topic areas you will be studying.

CONTENTS:

1. Course structure.
2. Why this course?
3. Assessment of the course.
4. Unit 1 Body Systems – muscles sheets –these are for you to try to learn the names of the various muscles in the body.
5. Unit 1 Body Systems – skeleton sheet – there is a box for you to fill in the name of the main bones. Research these names, fill in the labels and then learn them.
6. Unit 1 Body Systems – movement analysis – see if you can research the info required to fill in the gaps in the table.
7. Unit 2 – Sports Coaching and Leadership – Information on Roles and responsibilities followed by 3 questions relating to those.
8. Preparing for Unit 18

The level 3 extended certificate is a two year vocational course in Sport and Physical Activity which is equivalent to one A-level. OCR Cambridge Technicals are designed with the work place in mind and provide a high quality foundation for all students who wish to enter the booming sports and leisure industry.

1. COURSE STRUCTURE:

The course is taught through **5** discreet units, there are **3 mandatory units**:

1. Unit 1 - Body Systems and the Effects of Physical Activity
2. Unit 2 - Sports Coaching and Leadership
3. Unit 3 - Sports Organisation and Development

The remaining **2** units are selected from a list of options, you will do:

4. Unit 17 - Sports Injuries and Rehabilitation**
5. Unit 18 - Practical Skills in Sport and Physical Activity**

2. WHY THIS COURSE?

The Cambridge Technical in Sport and Physical Activity has been developed to meet the changing needs of the sector and will prepare students for the challenges they will face in Higher Education or employment. Designed in collaboration with experts spanning the breadth of the sector, the Cambridge Technical in Sport and Physical Activity focuses on the



skills, knowledge and understanding that today's universities and employers demand. Students will practically apply their skills and knowledge in preparation for further study or employment.

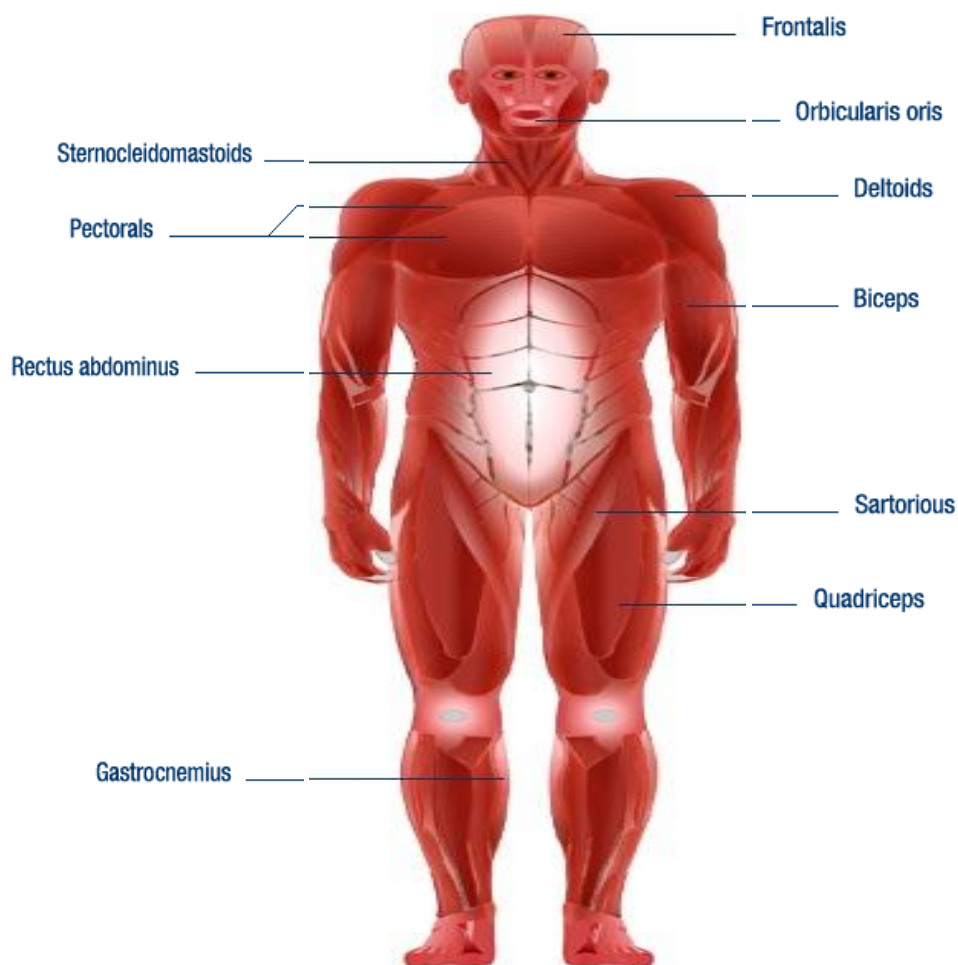
3. ASSESSMENT OF THE COURSE:

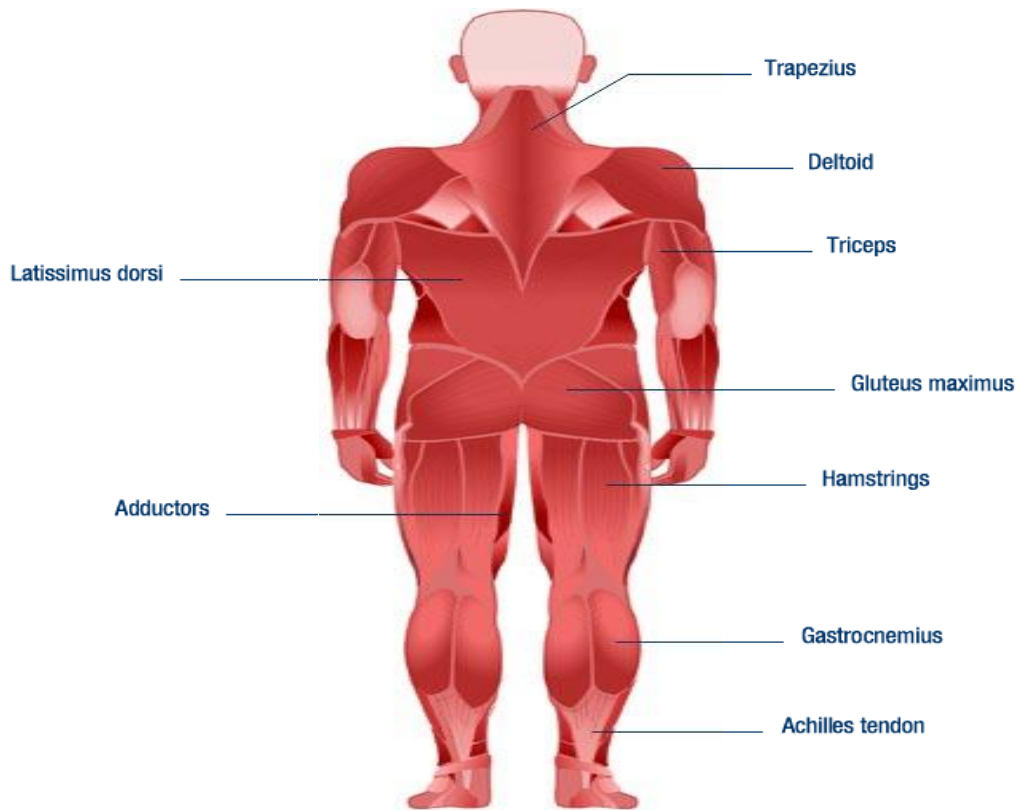
Two units (Units 1 and 3) are externally assessed via formal examination this is worth approx. 40% of the final outcome. Unit 1 will be examined in the Summer of Year 12 and Unit 3 in the January of Year 13

The remaining units are assessed internally and then are externally moderated by the exam board. We aim to have Unit 2 moderated in the Summer of Year 12 and Units 1 and 18 in the Summer of Year 13.

Each unit is awarded a summative grade of Pass, Merit, Distinction. Following a calculation, the overall course outcome is then also awarded using the same three grade categories plus Distinction* for those who have worked above and beyond.

4. Unit 1 Body Systems – muscles sheets





Smallest muscle in the body?

- ▶ Stapedius: the muscle that activates the stirrup, the small bone that sends vibrations from the eardrum to the inner ear. It measures just 0.05 inch (0.13 centimeter) in length.

Largest muscle in the body?

- ▶ Latissimus dorsi: the large, flat muscle pair that covers the middle and lower back.

Longest muscle in the body?

- ▶ Sartorius: the straplike muscle that runs diagonally from the waist down across the front of the thigh to the knee.

Strongest muscle in the body?

- ▶ Gluteus maximus: the muscle pair of the hip that form most of the flesh of the buttocks.

Fastest-reacting muscle in the body?

- ▶ Orbicularis oculi: the muscle that encircles the eye and closes the eyelid. It contracts in less than 0.01 second.

Number of muscles used to make a smile?

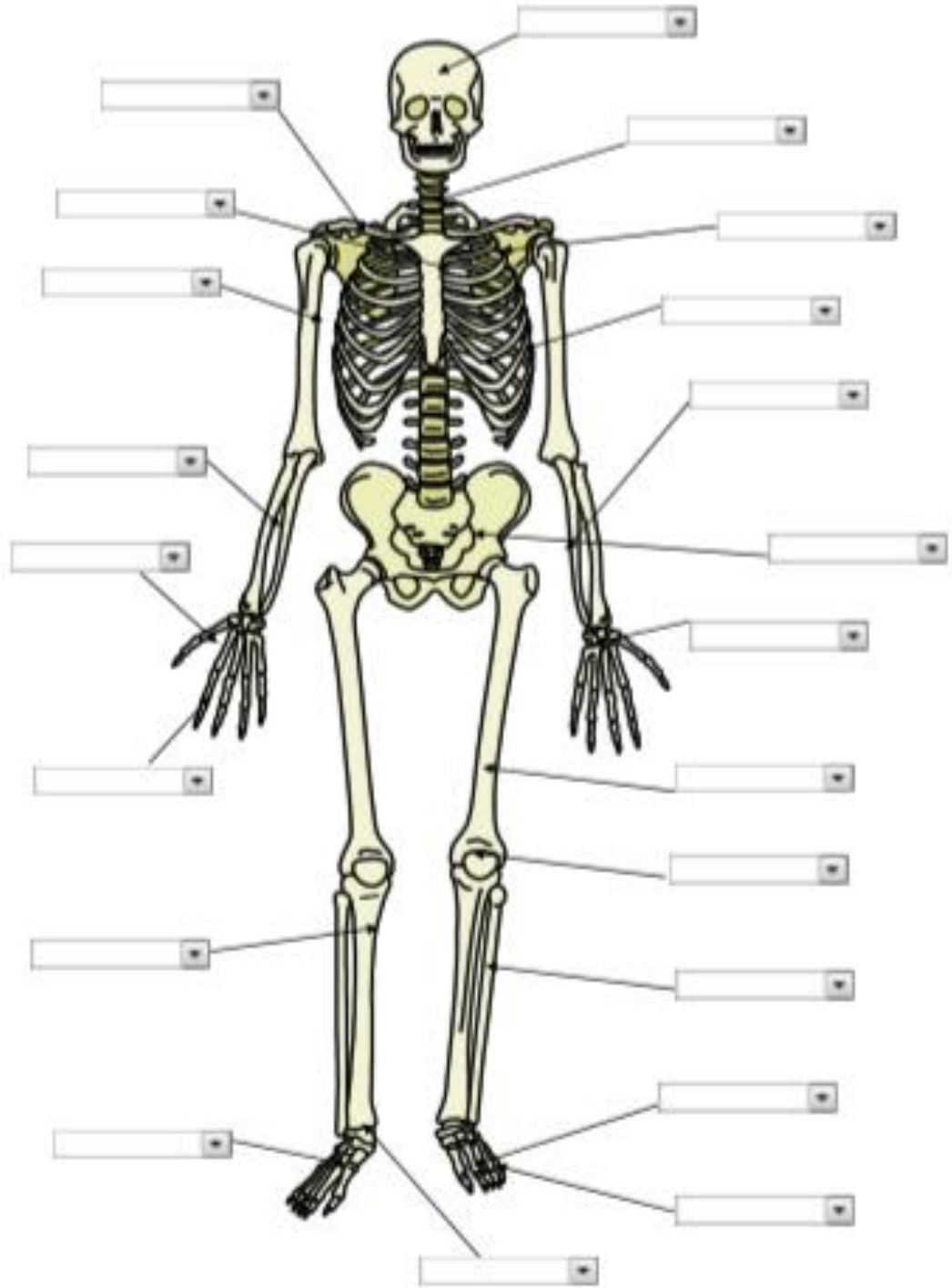
- ▶ Seventeen.

Number of muscles used to make a frown?



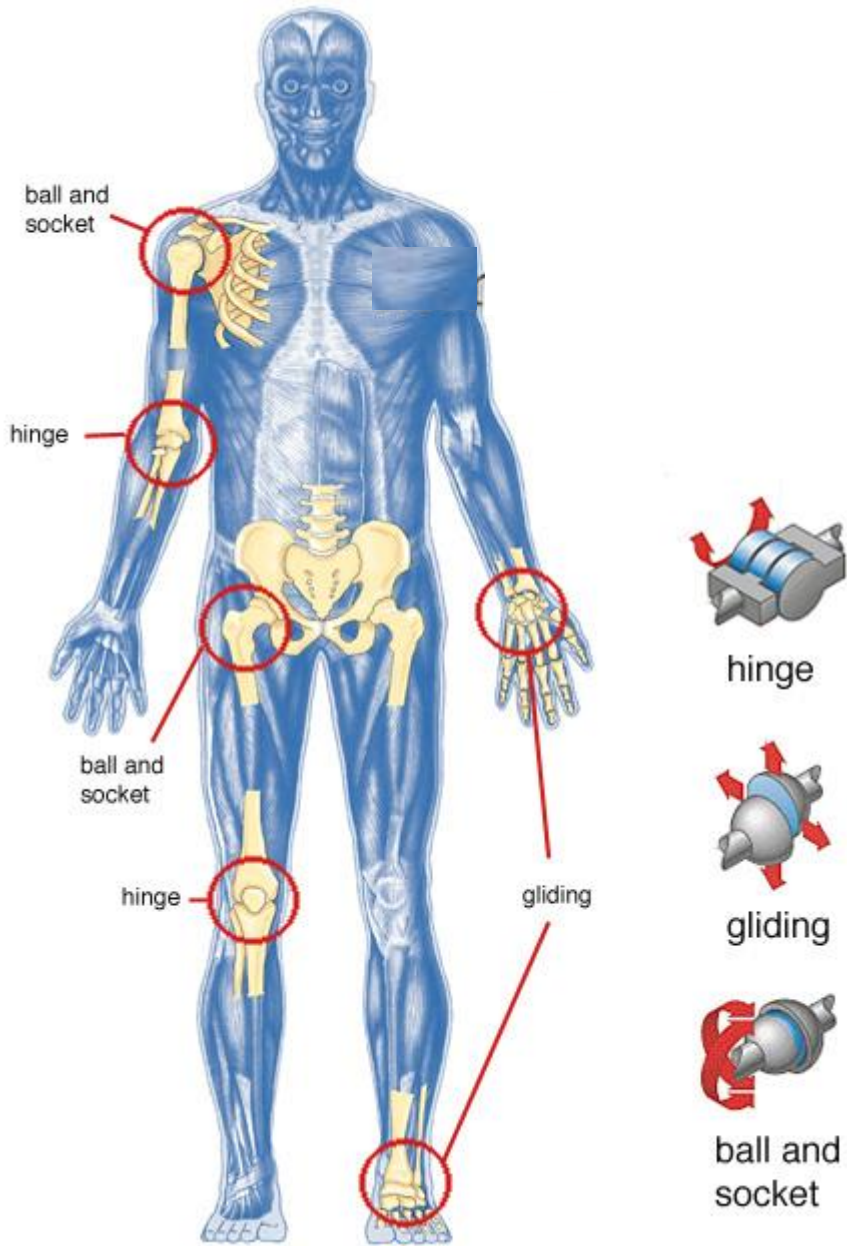
► Forty-three.

5. Unit 1 Body Systems – skeleton sheets





6. Unit 1 Body Systems – movement analysis





Joint	Joint Type	Articulating bones	Movement possible
Wrist			
Elbow			
Radioulna			
Shoulder			

Spine	Cartilagious Gliding Pivot	Between individual vertebrae Between vertebral arches Atlas and axis	(of trunk only); flexion, extension, lateral flexion, rotation to same side, rotation to opposite side.
Hip			
Knee			
Ankle			

7. Unit 2 – Sports Coaching and Leadership

- What's a role?

Role model, motivator, planner, instructor, mentor, facilitator, demonstrator, adviser, supporter, fact finder, counsellor, organiser.

- What's a responsibility?

Sets agreed ground rules, fair, consistent, ethical, duty of care, safeguard, assess risk, promote health and wellbeing, codes of conduct, importance of being a role model, rules and regulations of the sport or activity.

- What roles do coaches and leaders have?



- What responsibilities do coaches and leaders have?
- How do roles and responsibilities vary?

8. Preparing for Unit 18

1. You will be assessed in both a team and individual sport
2. You must be actively competing in your chosen sport. If you are no longer active you will need to investigate local clubs/teams that you could join
3. Start to put together a record of your last 6 months of performances. Include the level you are competing at, dates and venues and results.
4. if you compete in a summer sport, such as tennis or cricket or athletics. Please get video footage of yourself competing over this summer. It will give us a good starting point towards the assessments in September.
5. Start to look at sports performers in an analytical way; note down the strengths and weaknesses of performers.