



St George's Academy

aiming high to achieve excellence for all

Cambridge Technical in Sport and Physical Activity (Double)

TASK THREE

Transition Pack

Course Information and Summer Activities

Note: To be completed summer 2018

Read through the enclosed resources and complete the tasks / questions where necessary.

At the beginning of the year 12 course you will be assessed on your knowledge and understanding of these areas.

The mark that you achieve within this piece of coursework will act as an indicator as to your suitability to the Cambridge Technical in Sport course.

Cambridge Technical Diploma in Sport and Physical Activity (Double)

This is equivalent to 720 guided learning hours and to two A levels. You will cover 11 different units, three of which are externally assessed. The course looks at giving you the opportunity to develop the core knowledge, skills and understanding required by the sport and physical activity sector and to develop further skills of coaching by following the coaching route.

The units you will cover are:

- Unit 1 – Body systems and the effects of physical activity (externally assessed)
- Unit 2 – Sports coaching and activity leadership
- Unit 3 – Sports organisation and development (externally assessed)
- Unit 4 – Working safely in sport, exercise health and leisure (externally assessed)
- Unit 5 – Performance analysis in sport and exercise
- Unit 8 – Organisation of sports events
- Unit 11 – Physical activity for specific groups
- Unit 13 – Health and fitness testing for sport and exercise
- Unit 17 – Sport injuries and rehabilitation
- Unit 18 – Practical skills in sport and physical activities
- Unit 19 – Sport and exercise psychology

Unit 1 – Body systems and the effects of physical activity is one of the bigger units you will study and will take 90 guided learning hours to complete. You will sit an exam that will last 1 hour 30 minutes and you have the opportunity to gain 70 marks. It is a written paper and comprises of short answer and questions requiring a more extended response.

Unit 3 – Sports organisation and development will take 60 guided learning to complete. This is exam is shorter, only lasting 60 minutes and you have the opportunity to gain 60 marks. Again it is a written paper comprising short answer and extended responses.

Unit 4 – Working safely in sport, exercise, health and leisure, again is 90 guided learning hours and is worth 70 marks. It is a written paper comprising of short answer questions and extended responses.

You need to pass the examined units to pass the course.

Lesson 1- Introduction to Sporting Events

Learning Objectives

Identify the different types of sporting events

Describe the purpose of the sporting events

Find suitable examples of each type of sporting event



STARTER TASK: Name the sporting events that can be seen below

How might these events be categorised??



Types of Sporting Events:

There are many different types of sporting events and they are all organised for a different reason. However, each have their benefits and specific purposes that match specific needs.

They are categorised into the following headings:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Tournaments:

Tournaments can range from _____ to _____.

They can also have a range of purposes such as:

-
-
-

KNOCKOUT TOURNAMENT



E.g.

Description:

Purpose:

Advantages:

Disadvantages:



SPORTS LEAGUE OR ROUND-ROBIN TOURNAMENT



E.g.

Description:

Purpose:

Advantages:



Disadvantages:



Group TASK: Arm wrestle Tournament (Round Robin)

Please summarise the tournament below:

COMBINED ROUND-ROBIN AND KNOCKOUT TOURNAMENT



E.g.

Description:

Purpose:

Advantages:

Disadvantages:



Extension Task

