

Bridging the Cambridge Nationals Sports Studies to Cambridge Technicals Sport and Physical Activity Gap

The OCR Level 3 Cambridge Technical Diploma in Sport & Physical Activity introduces the sector for learners looking to build a career in sport, within one of its occupational areas. These areas include careers in exercise and fitness, coaching, leadership and sports development. This course provides a more practical, real-world approach to learning alongside a theoretical background, giving learners the knowledge, understanding and skills that they need to prepare for employment.

About the course: The specification we teach is produced by OCR. The unit code is 5827 and a full copy of this specification and other useful information is available [here](#).

Please note the compulsory summer work which starts on page 2

What will I study and how can I prepare for the course?

You will study:

- **Unit 1 - Body Systems (externally assessed exam unit)**
<https://www.ocr.org.uk/Images/289164-body-systems-and-the-effects-of-physical-activity.pdf>
- **Unit 2 - Sports Coaching and Leadership (internally assessed assignment unit)**
<https://www.ocr.org.uk/Images/258725-sports-coaching-and-activity-leadership.pdf>
- **Unit 3 - Sports organisation and development (externally assessed exam unit)**
<https://www.ocr.org.uk/Images/317583-sports-organisation-and-development.pdf>
- **Unit 8 - Organisation of sports events.** [ocr.org.uk/Images/258731-organisation-of-sports-events.pdf](https://www.ocr.org.uk/Images/258731-organisation-of-sports-events.pdf)
- **Unit 18 - Practical Skills in sport and Physical activities (internally assessed assignment unit)** <https://www.ocr.org.uk/Images/336441-practical-skills-in-sport-and-physical-activities.pdf>

Compulsory Summer Work

You will sit your final unit 1 exam in January of Year 12 therefore the majority of your transition work is based on unit 1.

Task 1

Label the muscles and bones on the worksheet on pages 4 and 5. These are in depth and should include the following bones and muscles;

Bones - Axial Skeleton:

Cranium, Sternum, Ribs, Vertebral Column -

Cervical/Thoracic/Lumbar/Coccyx

Appendicular Skeleton:

Scapula, clavicle, humerus, radius, ulna, carpals, metacarpals, phalanges, ilium, ischium, pubis, femur, patella, tibia, fibula, tarsals, talus, metatarsals

Muscles:

Main muscles acting at synovial joints, i.e.

Shoulder – deltoid, latissimus dorsi, pectoralis major, trapezius, teres major

Elbow - biceps brachii, triceps brachii, radio-ulnar - pronator teres, supinator muscle

Wrist - wrist flexors, wrist extensors

Vertebral column - rectus abdominis, erector spinae group, internal and external obliques

Hip – iliopsoas, gluteus maximus, gluteus medius, gluteus minimus, adductor longus, adductor brevis, adductor magnus

Task 2

Levers in Sport - using the [YouTube clip](#), complete the table on page 6 to demonstrate knowledge and understanding of levers within sport.

Task 3 (Unit 2)

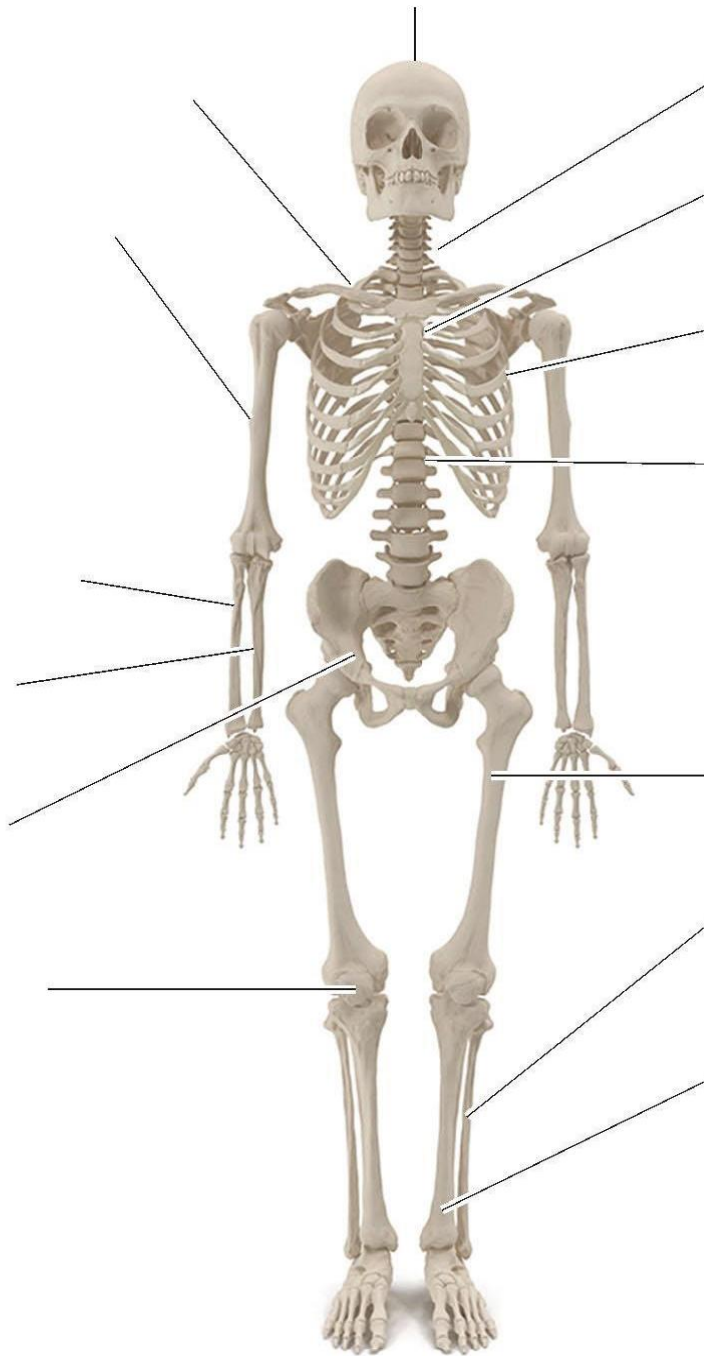
Classification of skills and its links to types of practice – can you give a short explanation of the different types of practices:

- Whole -
- Part -
- Whole-part-whole -
- Variable -
- Fixed -
- Massed -
- Open –

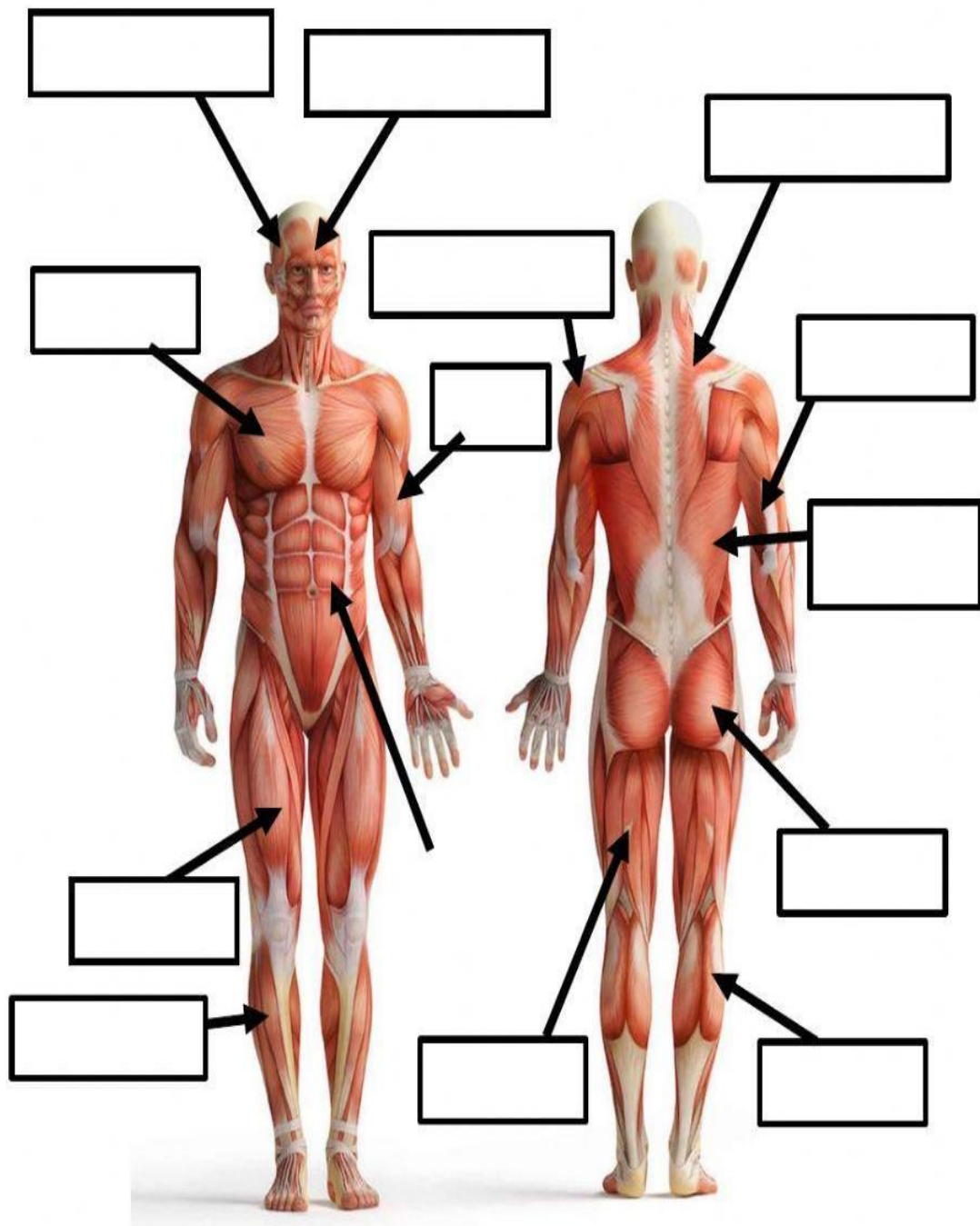
Task 4 (unit 3)

Research 3 National governing bodies of sport and explain what they are responsible for.

Bones of the Skeleton



Muscles of the body



PECTORALIS MAJOR - BICEPS - GLUTEUS MAXIMUS - DELTOID -
QUADRICEPS - TRICEPS - HAMSTRING - TRAPEZIUS. FRONTAL
MUSCLE - TIBIALIS ANTERIOR - TEMPORAL - GASTROCNEMIUS -
LATISSIMUS DORSI - ABDOMINALS

Task 2 - Lever Activity Sheet

Lever Type	1 st Class	2 nd Class	3 rd Class
Diagram of lever			
Where it can be found in the body - give two examples			
Give two examples of where the lever system can be used in sport			
What is the mechanical advantage of the lever system?			
What is the mechanical disadvantage of the lever system?			

