

Cambridge Technicals Level 3 Diploma in Sport & Physical Activity

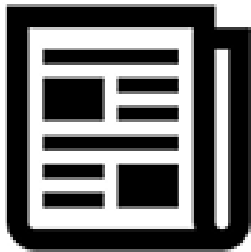

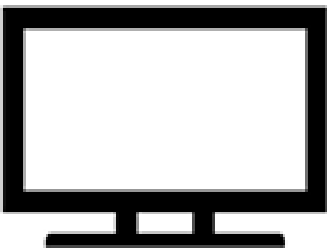
It is essential that you complete the tasks within this transition document and present them to your class teacher in your first lesson at the start of the new academic year. These tasks will support your understanding of key concepts that you will be tested on in the induction assessments, taken within the first 3 weeks, that ultimately decide if you are suitable to continue on this course.

Units/Topics	Supporting Links	Reading
Unit 4: Working safely in sport, exercise, health and leisure	Unit Specification: unit 4 - working safely sport exercise health leisure Unit 4 flashcards: CTEC OCR Cambridge Technicals Sport - Unit 4 Working Safely in Sport, Exercise, Health and Leisure Flashcards Quizlet	Textbook: PE and Sport Workbooks and Resources Hachette Learning
TASK 1: a) Use the safety legislation given to research what that legislation ensures is in place to keep people safe in sport.	TASK 2: a) Using the picture in the workbook, identify 5 possible risks in the risk assessment template b) Using information from 3.4 in the Unit specification – explain the ways you could minimise your highlighted risks	TASK 3: a) Attempt an exam example question using 4.2 in the unit specification and textbook notes on First aiders responsibilities. *You will find the textbook notes at the bottom of the workbook.

Know your why – Why Sport?

[The Best Careers in Sports](#)

Please download the workbook resource to complete these tasks. This is what you should hand in to your subject teacher in your first lesson in September

<div>Further Research</div> <div></div>	<div>LESSON 1 SAFETY PRACTICES IN SPORTS AND EXERCISE.pptx – Unit 17</div> <div>Inclusive Sport Design – Unit 11</div> <div>How to Do a Fitness Assessment Personal Training Assessment Forms Included! – Unit 13</div>	<div>Further Listening</div> <div></div>	<div>So you want to be a Performance Analyst? – Unit 5</div> <div>Organization of Sport events – Unit 8</div> <div>What gives Elite Athletes the Edge? Janne Mortensen TEDxOdense - YouTube</div>	<div>Further Watching</div> <div></div>	<div>Moneyball (2011) – Watch the film</div> <div>By The Balls – ITVX – Unit 5</div> <div>Driving Force - Series 2 - Episode 2 – ITVX – Unit 11</div>
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