

Year 11 into 12 Activity Booklet

# **Cambridge Technical Level 3 in** **Sport**

Extended Certificate (Single)

Diploma (Double)

Extended Diploma (Triple)

## **Year 12 Teachers...**

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## Reading List...

### **Books**

**S. Bointon, et al. 2016. Cambridge Technical Level 3 Sport and Physical Activity, 2016, Hodder Education - ISBN: 9781471874857**  
(main textbook – advised as the book to purchase)

Clegg, C. 1995. *Exercise Physiology and Functional Anatomy*. Feltham Press

Walder, P. 1998. *Mechanics and Sport Performance*. Feltham Press

Honeybourne, J. 2006. *Acquiring Skill in Sport: An Introduction*.  
Routledge

Bean, A. 2017. *The Complete Guide to Sports Nutrition*. Bloomsbury Publishing.

### **Scholarly Articles**

Polley, M. 2008. 'The amateur rules': Amateurism and professionalism in post-war British athletics. *Contemporary British History*, pages 81-114.

Quennerstedt, M. Ohman, M & Armour, K. 2014. *Sport and exercise pedagogy and questions about learning*. *Sport, Education and Society*, pages 885-898.

Alexandris, K. Tsorbatzoudis, C. & Grouios, G. 2017. *Perceived Constraints on Recreational Sport Participation: Investigating their Relationship with Intrinsic Motivation, Extrinsic Motivation and Amotivation*, *Journal of Leisure Research*, pages 233-252.

Zaichkowsky, L. 2004. *Arousal in Sport*. *Applied Psychology*.

Weinberg, R. S. (2002) *Goal setting in sport and exercise: Research to practice*. *Exploring sport and exercise psychology*, pages 25-48.

## **Television**

Sports News Channel- This will support how you show your understanding by using current examples from sport.

Hoop Dreams. 1994- A film regarding barriers to participation in sport.

Live Sporting Events- This will support how you show your understanding by using current examples from sport.

## **YouTube Clips**

Venous Return <https://www.youtube.com/watch?v=J80hhCkLuaA>

Stages of Learning <https://www.youtube.com/watch?v=n7UcobScnck>

Rational Recreation

<https://www.youtube.com/watch?v=SPrTPKj4ONQ>

Newton's Laws <https://www.youtube.com/watch?v=MAm6LOUnJ80>

Aggression in Sport <https://www.youtube.com/watch?v=DlrTha8cbAI>

## **Task 1**

Label the muscles and bones on the worksheet below. 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 abdominus, 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 below for background information, complete the table to demonstrate knowledge and understanding of levers within sport.

[https://www.youtube.com/watch?v=d1wS\\_OlJzml](https://www.youtube.com/watch?v=d1wS_OlJzml)

## **Task 3**

Theories of Learning- research the following four theories of learning. Create a power point presentation highlighting the key features of the theory, how this might relate to learning within sport and the positives and negatives of the theory's application within sport.

- Operant conditioning

- Observational learning
- Social development theory
- Insight learning

#### **Task 4**

Increasing participation in sport- create a promotional video/advert for one of the national partners aiming to increase participation in sport. In the video/advert include the aims of the partner, the benefits to increasing participation and outline strategies already in place.

#### **Task 5**

Design 3 different training programs; one for a marathon runner, one for a long jumper and one for a shot putt thrower. Justify your choices of the key training methods you have applied within the program.

#### **Task 6**

Calculate the speed of Usain Bolt in the 100m.

Time= 9.58 seconds

Calculate the speed of Mo Farah in the 5000m.

Time= 12 minutes 53 seconds

Calculate the speed of Allyson Felix in the 400m

Time= 49.26 seconds

#### **Task 7**

Complete the personality test.

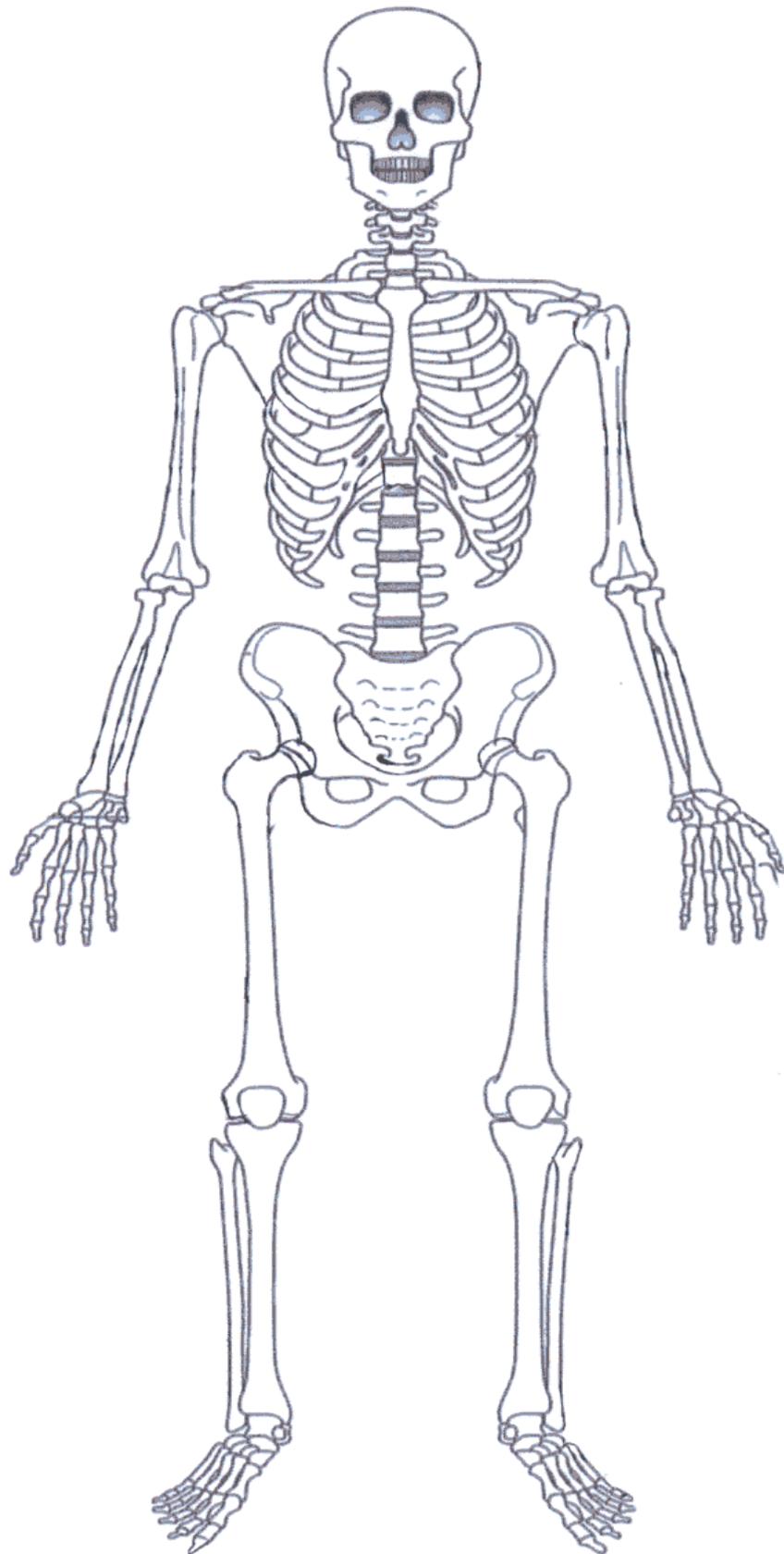
<https://www.quietrev.com/the-introvert-test/>

Explain the role personality plays on sporting performance.

#### **Task 8**

Watch a sporting match of your choice. Create a notational analysis table including the keys skills demonstrated within the game. Tally the number of times each skill is completed within a game by one of the individual performers.

# Bones of the Skeleton



# Muscles of the Skeleton



## Task 2 – Activity

Lever Type	1st class	2nd class	3rd 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?			