



1. A summer learning activity/task

There are 5 Units in your first year of the Diploma in sport course

Unit 1 Body systems and the effects of physical activity

Unit 2 Sports coaching

Unit 3 sports organisations and development

Unit 5 Performance analysis

Unit 17 sports injuries

Unit 1 Task 1: Joint Types and Articulating Bones

For task 1, you have to identify the **synovial joint type** and **articulating bones** in a series of common joints found in the body.

Key Terms

A **synovial joint** is a joint that allows a wide range of movement and which is composed of two or more bones which exist in a joint capsule.

Articulating bones are bones that move against one another within a joint.

Complete the table below

| Joint | Joint type | Articulating bones |
|----------|------------|--------------------|
| Elbow | | |
| Knee | | |
| Ankle | | |
| Shoulder | | |



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| | | |
|-------|--|--|
| Hip | | |
| Wrist | | |

Unit 2 Task 2: Sports coaching

For your chosen sport plan a safe and effective warm up in the headings below.

Use pictures and diagrams to illustrate your points.

Pulse raiser

Dynamic stretching

Skill activity

Unit 3 Task 3

Identify at least 3 barriers of participation for the following target groups:

Think of opportunities, provision and esteem (OPE)

| | |
|-------------------|--|
| Disability | |
| Elderly | |
| Females | |



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| | |
|---------------------|--|
| | |
| BAME | |
| Young people | |

Unit 5 Task 4: Performance profiling

Your sport:

Your position:

Identify the important aspects of the sport that make you a good player Complete the table

| | | | |
|------------------|--|----------------------|--|
| TECHNICAL | | TACTICAL | |
| e.g. heading | | e.g. defending | |
| | | | |
| | | | |
| PHYSICAL | | PSYCHOLOGICAL | |
| e.g. speed | | e.g. commitment | |
| | | | |
| | | | |

When you have completed the table with factors score yourself out of 10 for how strong you are 10 being perfect.

Present this information in a radar chart.



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TASK 5: Unit 17 Sports injuries and rehabilitation.

Find and insert a picture and describe the following treatment modalities.

| | Description and picture |
|---------------------|-------------------------|
| Contrast bathing | |
| Foam rolling | |
| PNF stretching | |
| Cryo- cuff | |
| Isometric exercises | |
| Wobble board | |