



Cambridge Technical Sport Diploma

1. View our courses [here](#)
2. Exam board specification: <https://ocr.org.uk/qualifications/cambridge-technical/sport-and-physical-activity/#level-3>
3. Suggested reading list, websites, pod casts, films etc.

Cambridge Technicals Level 3 Sport and Physical Activity (Cambridge Technicals 2016))

Author: Helen Bray Scott Chapman

ISBN: 9781510473317

Publisher: Hodder Education

www.teachpe.com

www.virtualsportsinjuryclinic.com

Film	Broadley Speaking.....	Unit relevance and rating
Money Ball Baseball	Read the book first but the film is nearly as good. Brad Pitt does a half decent job as the Oakland All Stars manager who gets the team to the world series by applying a scouting methodology, that allegedly changed baseball.	Unit 2 Sports coaching Unit 5 Performance analysis/ talent ID Very Good
https://www.youtube.com/watch?v=AiAHIZVgXjk Trailer		
Mcfarland USA Cross country	Uplifting film about Cross country running another true story and Kevin Costner – what is not to like! A real feel good film.	Unit 1 Anatomy Unit 2 Sports coaching Very Good
https://www.youtube.com/watch?v=J9AGAeolpTo Trailer		
The undefeated American football	Real life documentary about an American football team who have never made the play offs. An interesting insight into coaching and the lives and struggles of the athletes.	Unit 3 Sports organisations and development Unit 17 sports injuries Excellent
https://www.imdb.com/title/tt1860355/		
Rocky I-5 Creed I/II	Any excuse to watch the good old rags to riches rocky film. Try and	Unit 2 sports coaching



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Boxing	watch them in order.....some excellent training montages.	All Good
https://www.imdb.com/title/tt3076658/		
Remember the titans American football	An inspirational film on how a divided society and coaching team can come together through sport and make a difference.	Most units H555/02/03 Excellent
https://www.imdb.com/title/tt0210945/		
The English game Netflix series Football	The rationalisation of a sport. Great for PE Socio-cultural issues. The beginnings of the game.	Unit 3 / H555/03 Very good
https://www.netflix.com/gb/title/80244928		
Dodgeball Dodgeball (of course!)	Well remember to dodge duck dip dive anddodge. great fun	Very good
https://www.imdb.com/title/tt0364725/		

4. 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



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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		
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



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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	
BAME	
Young people	

Unit 5 Task 4: Performance profiling



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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.

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	