



## **Year 11 > 12 Bridging Work Summer Term 2025**



<b>Subject</b>	<b>Sport</b>
<b>Course</b>	<b>Cambridge Technical</b>
<b>Awarding Body</b>	<b>OCR</b>

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## Course/specification overview

### **Personal Training (720 GLH)**

**CIMSPA  
ENDORSED**

Mapped to the Personal Trainer Trailblazer standards which were put together by experts from across the industry, this pathway offers students the skills, knowledge and understanding needed to meet the changing needs of the fitness sector. Learning how to work with a range of different people who will all have different goals and motivations, this pathway will help your students set themselves apart from the competition and succeed in their future career. This pathway will allow your students to gain employment in roles such as Personal Trainer, Gym Instructor or Fitness Instructor.

This pathway is endorsed by CIMSPA as it meets the minimum standards of deployment for the job role.

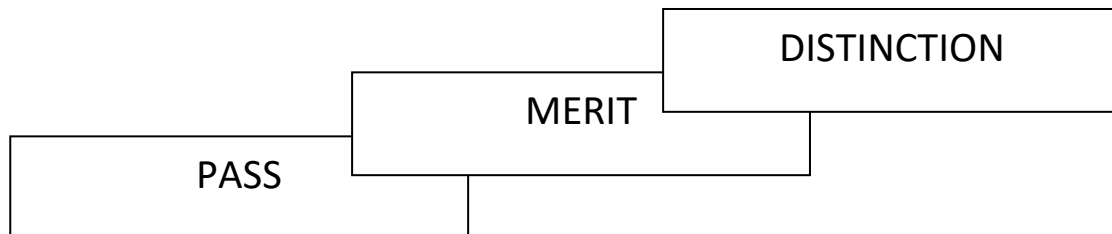
### **Sport and Physical Activity Development (1080 GLH)**

This qualification will allow students to develop the skills, knowledge and understanding to deliver sport and physical activity to an individual or group of participants; plus identify those who would benefit most from participation, select which sport or physical activity would be best for them, and how to organise, co-ordinate and facilitate different events or programmes of activity that allow people to actively engage in and enjoy sport and physical activity. This can be in a more 'office-based' role such as a Sport Development Officer or Community Sport Officer who is responsible for organising events, obtaining funding to run events, identifying target groups, supporting the recruitment of staff and volunteers to run events and activities and ensuring the sustainability of sport and physical activity. Or it can be in a more 'field-based' role such as a Senior Sports Coach or Senior Activity Leader responsible for delivering sport and physical activities, as well as co-ordinating the activities of other coaches and activity leaders and promoting the benefits of participation and leading a healthy lifestyle to schools, community groups and/or other target groups.

All students will start out taking the double award after which there is an option to study the triple award. This would involve you studying an extra 5 units over the course of the 2 years. Studying these extra units will involve a lot of independent work and study with teacher guidance.

Mandatory Units:	
Double	Triple (red units plus the following)
Body systems	Performance analysis
Sports coaching and leadership	Organisation of sports events
Sport organisation	Nutrition and diet for sport
Working safely in sport	Working in active leisure facilities
Group exercise to music	Sport injury and rehabilitation
Improving fitness for sport	Practical skills in sport
Physical activity for specific groups	The business of sport
Health and fitness testing	

Looking at the information above from OCR you can see the mandatory units that you will study. Some of the units are internally assessed (written assignments) and some are external (examined). Some of the examined units such as Body Systems and Sports coaching and leadership are worth more credits as the other units (these are the examined ones). You can also see the extra units you will study if you chose the triple award.



As you can see your work will be marked against a pass, merit and distinction criteria. This will be for every assignment as well as your examination grades. You will be given an assignment brief at the start of each assignment where the P,M and D criteria will be shared. If you want to achieve a distinction you will need to brush up on some higher order thinking skills such Analysis, Evaluation, Predicting, Comparing and Contrasting. Your final result will be 2 grades if you are doing the double award (eg DD) and 3 grades if you are studying the triple award (eg DDD). You can also achieve a Distinction\* if you consistently achieve Distinctions in assignments.



## Our department expectations

You will have 20 periods of Cam Tech per fortnight, there is an expectation that:

- Your attendance is a minimum of 97%
- All work produced in the first submission is to the best of your ability
- You meet assignment deadlines which are clearly marked on assignment briefs
- You respond to teacher feedback after first submissions.
- Participate in extra-curricular sport and have a commitment to an active healthy lifestyle
- Take responsibility for your own learning
- Be independent learners!

Below are examples of the different ways that you will be assessed.

Powerpoints



• Written reports

**OCR**  
Oxford Cambridge and RSA



• Practical assessment

(eg. Coaching, delivering etc.)

Work produced will  
be in the form of...



• Video footage

Below are the expectations we have of you when you hand in work.

# Your work

- On the date you are given your assignment, you will also be given an **assignment deadline**. You must not miss this deadline under any circumstances!
  - Your work must be handed in on or before the deadline in all circumstances
  - Your teacher will decide if they would like this work in the form of a **hardcopy or emailed**  
[zeo@hayes.bromley.sch.uk](mailto:zeo@hayes.bromley.sch.uk)    [djl@hayes.bromley.sch.uk](mailto:djl@hayes.bromley.sch.uk)
  - Your work must be given in with the **full assignment brief** attached and in a plastic wallet
- Your work will be marked and given back to you. If it is a referral you are expected to re-do the work within a given amount of time (set by your teacher), if it is completed you must keep the work in your folder.

Cam Tech sport involves a lot of research through independent learning. Your ability to research, synthesize information and use a multiple of sources to contribute towards your assignments. Below are a list of Do's and Don'ts that Miss Outteridge, the Head of Cam Tech, has set out.

# Research for your work

**Learner assessment submission and declaration**

**Referencing**

Please list the evidence submitted by the task. Identify page numbers where evidence can be found or describe the nature of evidence (e.g. Video, illustration).

Task ref.	Evidence submitted	Page no/ description

Comments by the assessor

effectiveness of fitness testing and feedback methods, supported by observation/ video/verbal recordings of feedback session to selected sports performer.

- Use **google scholar** to seek out journals that can be used to inform your research
  - Avoid unreliable websites such as Wikipedia and [Brianmac](#)
  - Use books as well as the internet
- You must **list EVERY source** that you take information from on your assignment brief using **HARVARD style** referencing



## Review/revise

Much of the work that you do at GCSE will be applicable to your study in Cam Tech. It would be a good idea to review your learning for the following topics before you undertake the Cam Tech course of study

1. Fitness Testing
  - Principles of fitness testing
  - Components of fitness
  - Fitness tests

Top End sports gives a great recap of fitness tests including protocols and sports specific tests.

<https://www.topendsports.com/testing/tests.htm>

2. Body Systems
  - The effects of exercise on the skeletal system
  - Structure and function of skeleton
  - Types of bones
  - Joints
  - Types of movement
  - The effects of exercise on the muscular system
  - Types of muscle contraction
  - Muscle fibres
  - The effects of exercise on the respiratory system
  - Structure and function of the respiratory system
  - Gaseous exchange and tidal volume
  - The effects of exercise on the cardiovascular system
  - The structure of the cardiovascular system
  - The heart, blood vessels, composition of blood
  - Function of the cardiovascular system
  - The effects of exercise on energy systems
  - ATP-PC system and Lactate system

BBC Bitesize gives you a great overview of the topics above. These are especially important as they are the ones that you will be externally assessed in for your written exam.

<https://www.bbc.co.uk/bitesize/topics/zxq7j6f>

3. Professional development in the sports industry
  - Sports provision
  - Socio economic barriers
  - Careers in the sports industry
  - Working safely in sport

Sports industry biz is a great way of keeping up to date with the latest developments in the sporting world, especially looking at the industry of sport and the potential impact that the coronavirus is having on sport

<https://www.sportindustry.biz/>

#### 4. Sport and society

- Effects of exercising to music
- Methods of improving fitness
- Barriers to participation

TandF online provide a monthly coverage of different issues surrounding sport and society. Have a look at the different volumes which relate to the topics above.

[List of issues Sport in Society \(tandfonline.com\)](https://tandfonline.com/journals/ISSN1360-0567)

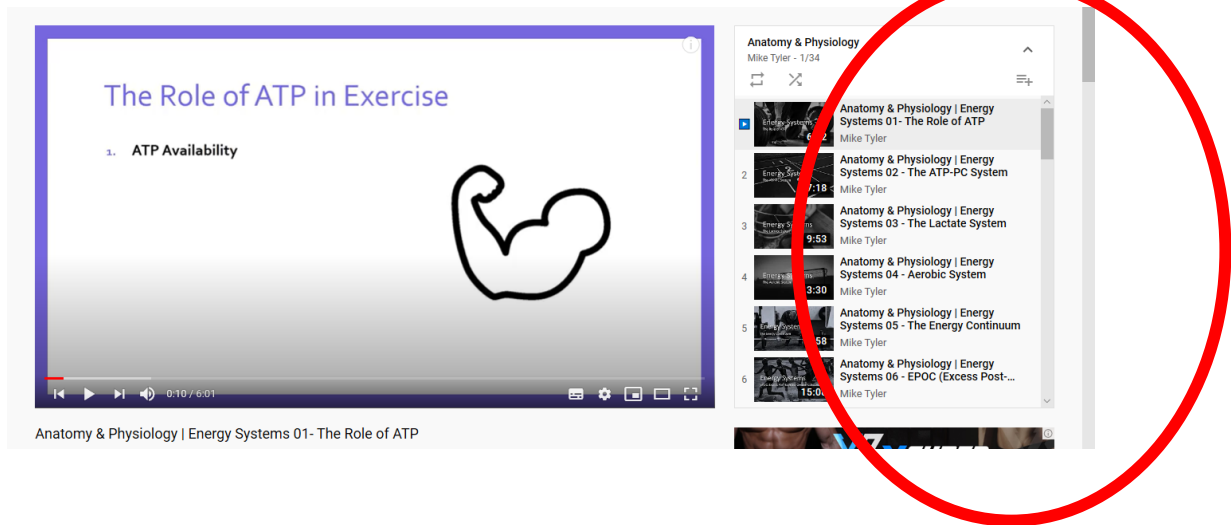




## Watch

### Unit 1: Body systems

[https://www.youtube.com/watch?v=S-TE\\_3iYBCK&list=PLcdQDUUQX\\_4vcifsRu-iOyqZsxtlOsWxy](https://www.youtube.com/watch?v=S-TE_3iYBCK&list=PLcdQDUUQX_4vcifsRu-iOyqZsxtlOsWxy)



**There are 34 videos to watch!**

### **TED Talks**



**Watch** this TED talk with Martin Hagger who is a Professor of Psychology at Curtin University.

Martin will provide an overview of the kinds of techniques that elite athletes use to prepare psychologically for their sport, give details of the scientific research into these techniques and how they work, and how the techniques might be used by competitive athletes and coaches to maximise performance.

[https://www.youtube.com/watch?v=yG7v4y\\_xwzQ](https://www.youtube.com/watch?v=yG7v4y_xwzQ)



**Watch** this TED talk in which Valorie Kondos Field, long-time coach of the UCLA women's gymnastics team, shares the secret to her success. Hint: it has nothing to do with "winning."

[Why Winning doesn't always equal success](https://www.youtube.com/watch?v=JJyeKiT8g4g)

<https://www.youtube.com/watch?v=JJyeKiT8g4g>



**Watch this TED talk** in which Diana Nyad tells her inspirational story.

In the pitch-black night, stung by jellyfish, choking on salt water, singing to herself, hallucinating ... Diana Nyad just kept on swimming. And that's how she finally achieved her lifetime goal as an athlete: an extreme 100-mile swim from Cuba to Florida -- at age 64. Hear her story.



**Watch this TED talk** in which David Epstein discusses the role of technology in sport and how the sporting body type and shape has evolved.

When you look at sporting achievements over the last decades, it seems like humans have gotten faster, better and stronger in nearly every way. Many factors are at play in shattering athletic records, and the development of our natural talents is just one of them.

<https://www.youtube.com/watch?v=8COaMKbNrX0>

### **Television**

**Gamechangers (Netflix)** – A really interesting film which looks at uncovering the truth about meat, protein and strength, showcasing elite athletes and cutting edge science.

**Icarus. 2017-** A film around doping within sport and current issues surrounding the use of drugs within sport.

**Stop at Nothing 2014** – Filmmaker Alex Holmes creates an explosive portrait of disgraced cyclist Lance Armstrong.

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



## Listen to

**Listen to this examiner who explains the process of studying CamTech Sport...**

[www.youtube.com/watch?v=Q9yT3WHTNHs](https://www.youtube.com/watch?v=Q9yT3WHTNHs)



**Listen** to this radio programme from the BBC World Service. Sports Hour is a lively Saturday morning sports show with reports, debate and humour. There are over 280 shows available covering all world sport.

[BBC World Service: Sports hour](#)



**Listen** to this radio programme.

This is a daily podcast bringing you the latest from the Premier League, EFL, European football and more.

[BBC Radio 5 live](#)

[Talksport radio](#)



**Listen** to this podcast with ex professional footballer Peter Crouch which documents his experiences as a professional footballer

[The Peter Crouch Podcast](#)



**Listen** to this podcast from the British Journal of Sports Medicine. It covers all sorts of aspects of Sports Medicine, from the science behind running shoes to the power of sleep.

[BJSM Podcast](#)



## Read

### Body systems:

Bartlett R (2014) Introduction to Sport Biomechanics

Marieb E (2015) Human Anatomy and Physiology

Palastanga (2012) Anatomy and Human Movement; Structure and function

### Improving fitness for sport:

Bean A (2013) The complete guide to Sports Nutrition

Bean A (2015) Which Sports Supplements really work

Brooks D (2004) The complete book of Personal Training

Coulson M (2013) Complete guide to personal Training

Delavier F (2013) Strength Training Anatomy

### The business of sport:

Hong C, Harisson D (2011) Tools for Continuing Professional Development

MastersJ (2011) Working in Sport, 3<sup>rd</sup> edition

Wells et al (2010) A career in Sports: Advice from Sports Business Leaders

### Sports coaching and leadership:

Martin B Cashel et al (2006) Outdoor leadership, theory and practices)

Prentice E et al (2012) Sports Leadership: Winning with your mind

Roe K (2014) Leadership: Practice and Perspectives

### Health and fitness testing:

Archer D and Coulson M (2015) Practical Fitness testing. Analysis in exercise and sport.

Morrow et al (2010) Measurement and Evaluation in Human Performance



## Research

### Body systems:

[www.humankinetics.com](http://www.humankinetics.com) Educational resources for all areas of sport

[www.sportsci.org](http://www.sportsci.org) Research into sport and anatomy

[www.topendsports.com](http://www.topendsports.com) Information of many aspects of anatomy and physiology

### Improving fitness for sport:

[www.eis2win.co.uk](http://www.eis2win.co.uk) Information on nutritional principles

[www.uksca.org.uk](http://www.uksca.org.uk) UK strength and conditioning association.  
Tips on how to become a S&C coach

[www.bases.org.uk](http://www.bases.org.uk) British association of sports and exercise sciences

[www.nhs.uk/livewell](http://www.nhs.uk/livewell) Tips for leading a healthy lifestyle

### The business of sport:

[www.careers-in-sport.co.uk](http://www.careers-in-sport.co.uk) Careers in Sport – information about career options in the sports industry

[www.nationalcareerservice.direct.gov.uk](http://www.nationalcareerservice.direct.gov.uk) Information about different careers

[www.uksport.gov.uk/jobs-in-sport](http://www.uksport.gov.uk/jobs-in-sport) - Information about sports related jobs in the UK.

### Health and fitness testing:

[www.brianmac.co.uk](http://www.brianmac.co.uk) – A wide variety of information related to fitness and training

[www.pponline.co.uk](http://www.pponline.co.uk) – Peak Performance: free advisory newsletter that discusses strength and fitness

[www.topendsports.com](http://www.topendsports.com) – A range of fitness tests and normative data.



# Complete

**Create 4 PowerPoint presentations with a slide of knowledge for each bullet point. You will need to use the research that you have compiled from the tasks above.**

## Fitness Testing

- Principles of fitness testing
- Components of fitness
- Fitness tests

## Body systems

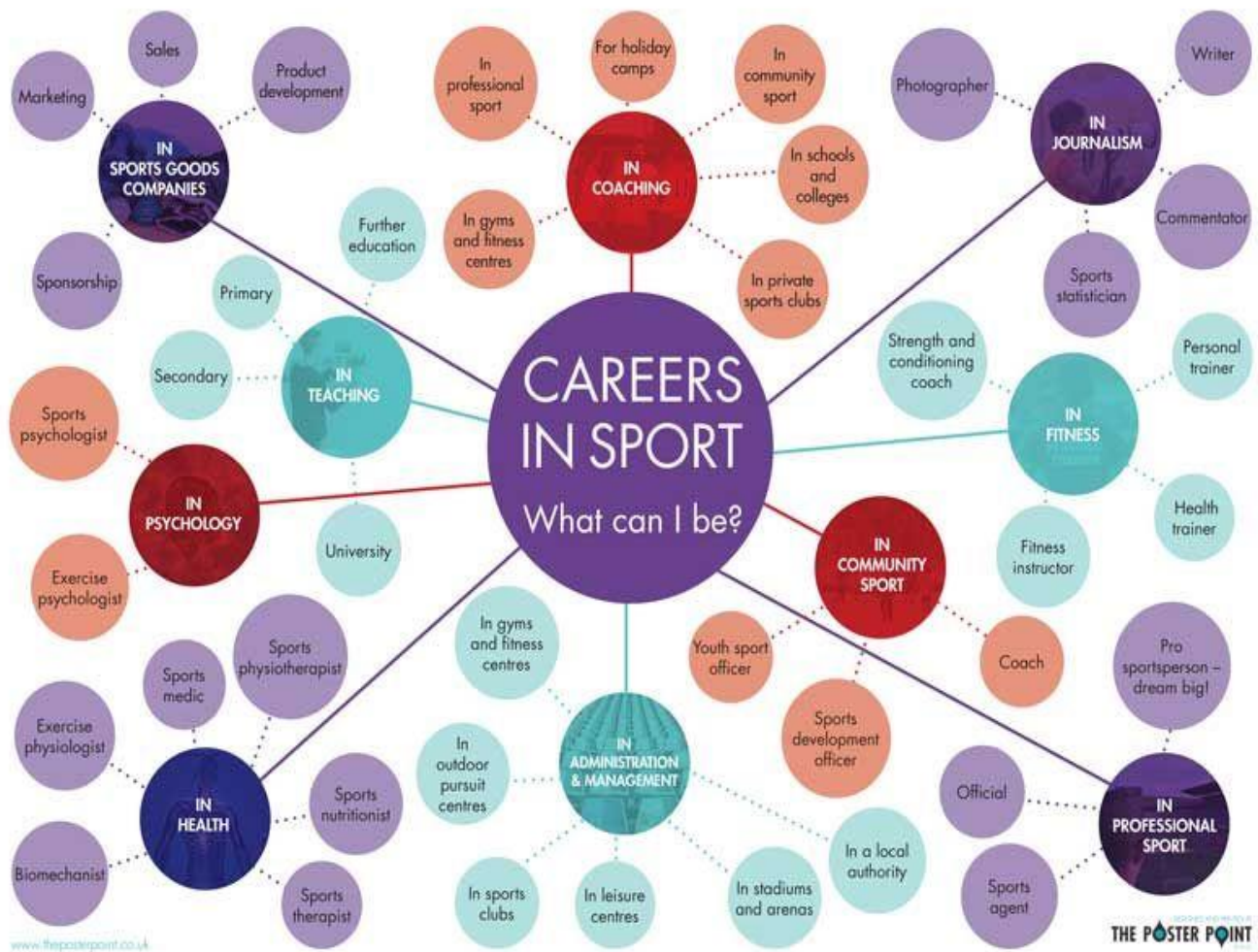
- The effects of exercise on the skeletal system
- Structure and function of skeleton
- Types of bones
- Joints
- Types of movement
- The effects of exercise on the muscular system
- Types of muscle contraction
- Muscle fibres
- The effects of exercise on the respiratory system
- Structure and function of the respiratory system
- Gaseous exchange and tidal volume
- The effects of exercise on the cardiovascular system
- The structure of the cardiovascular system
- The heart, blood vessels, composition of blood
- Function of the cardiovascular system
- The effects of exercise on energy systems
- ATP-PC system and Lactate system

## The business of sport

- Sports provision
- Socio economic barriers
- Careers in the sports industry

## Coaching and leadership

- Coaching styles
- Leadership styles
- Personality
- Working safely in sport
- Motivational factors



**Career opportunities** – Have a look through some of these articles and prospectuses to see where a career in sport could take you.

### **Information and research on sports related careers**

<https://www.bachelorsportal.com/articles/606/bachelors-degrees-in-sports-and-related-careers-are-a-slam-dunk-for-future-professionals.html>

Example of Sports Science degrees at Leeds University

<https://www.youtube.com/watch?v=aaP1PF5Btq8>

What is Sports Management? –

<https://www.youtube.com/watch?v=of-poWTX5NQ>

Working alongside the Manchester city Physiotherapist

[https://www.youtube.com/watch?v=Zu1EKF\\_dNVk](https://www.youtube.com/watch?v=Zu1EKF_dNVk)

A day in the life of a Sports Psychologist

<https://www.youtube.com/watch?v=C1K1ySWCS6s>

Meet the strength and conditioning coach for Harlequins –

<https://www.youtube.com/watch?v=VXv3UAFZ4m4>

Sports Nutritionist and Personal Trainer

<https://www.youtube.com/watch?v=kO6Y9ZXpsGY>

Sports Coaching and Physical Education

<https://www.youtube.com/watch?v=v5fdXdgC6tY>

BSC Sports Therapy at the University of East London

<https://www.youtube.com/watch?v=bRY9nhPWfU8>





## Appendices/resources

### Textbooks & endorsed resources



#### Cambridge Technicals Level 3 Sport and Physical Activity

**Author:** Suzanne Bointon, Helen Bray, Scott Chapman, James Martin, Alister Myatt, Annette Short

**ISBN:** 9781471874857

**Publisher:** Hodder Education

**Date:** October 2016