

Sport & Physical Activity (OCR) CTEC Preparation Work

Activity 1: Sports Leader Profile

Think about someone who is an effective sports leader or who has successfully coached you in sport or physical activity. Write a profile about the individual, explaining:

- Who they are/were
- What their accomplishments are/were,
- Why they are/were effective,
- What their responsibilities are/were as a leader and/or coach,
- What are/were they like with regards to the following attributes, including examples?
 - communication skills
 - able to establish and maintain relationships
 - knowledge of the activity
 - organisational skills
 - empathy

Submit your
Leadership
Profile to your
teacher in
September

Activity 2: Joints Crash Course

In Unit 1 Anatomy and Physiology, you will develop your knowledge of key body systems, how these systems support sporting performance, and how sporting activity impacts these systems. In this activity, you will review your knowledge of joints:

- Meet Hank** (<https://www.youtube.com/watch?v=DLxYDoN634c> or search YouTube for “Joints: Crash Course A&P #20”). Hank is going to give you a crash course on joints. All of Hanks’ ‘top’ jokes and dance moves actually teach you a lesson or two...
- Create** a mind map/revision tool identifying the following from Hank’s video. Include images and diagrams to illustrate your notes.
 - What is a joint?
 - Types of joints (there are 6 to remember)
 - Where in the body are these joints located? *There may be several locations.*
 - Facts about these joints.
 - What is the difference between the axial and appendicular skeleton?

Challenge A: Compare the role of joints in three sports and/or physical activities, e.g. tennis compared to football compared to swimming.

Challenge B: Identify and explain the causes and impact of joint injuries or damage in sports, and how joint damage can be reduced, prevented, treated, etc.