

CAMBRIDGE TECHNICAL EXTENDED CERTIFICATE IN SPORT

Level 3

BODY SYSTEMS AND THE EFFECT OF PHYSICAL ACTIVITY

UNIT 1 – SUMMER TASK

- Find a diagram of the skeleton.
- Label and highlight both the Axial and Appendicular Skeleton
- Research and learn the functions of the skeleton in detail

SPORTS COACHING AND ACTIVITY LEADERSHIP UNIT 2 – SUMMER TASK

- Create a mind map highlighting the major factors that make a good leader
- What are the main styles of leadership and provide a practical example for each

SPORTS ORGANISATION AND DEVELOPMENT

UNIT 3 – SUMMER TASK

- For your favourite sport find out who is the governing body for the sport and what is their main focus
- What is sports development?
- Draw and label the sports development continuum