**Subject – Sport and Physical Activity (Level 2)**

**Exam Board - OCR Cambridge Technical**

Sport and Physical Activity

This qualification aims to develop your knowledge, understanding and skills of the essentials of sport. You will gain an insight into the sport and physical activity industry.

**Course Teachers** – Mr Whale & Mr Ward

**Units covered:**

Unit 1 – Physical activity, health and wellbeing

Unit 2 – Physical preparation and readiness for sport and physical activity

Unit 3 – inclusivity, equality and diversity in delivering sport and physical education

Unit 4 – Leading sport and physical activity sessions

**Bridging tasks**

**Unit 2 – Physical preparation and readiness for sport and physical activity.**

**Unit Aim**

Within this unit you will understand the importance of people being physically active and participating in sport. It is important to understand how to select appropriate sports and activities for people dependant on their individual circumstances and how to keep them safe whilst they are participating in order for them to experience, and benefit from, the short- and long-term effects.

This unit will teach you the short- and long-term effects of participation in sport and physical activity and how to maintain safety during participation through appropriate warm ups and cools downs and how to identify and treat injuries when they occur. During this unit you will also learn about the different types of sport and physical activity that re available and how a person’s individual circumstances might influence the type of sport or activity that they can or want to participate in.

**Task 1 Learning outcome 1 – Understanding the short-term effects of sport and physical activity on the body systems**

**Link the below short-term effects of sport and physical activity on the body to the correct system, exercise or short-term health benefit in the table.**

**Short-term effects of exercise**

* Increase in heart rate and cardiac output increases blood flow to the muscles, supplying them with oxygen and raising their temperature
* Used in high intensity, short duration activity
* Metabolism is boosted to convert calories to energy which helps to control weight
* Tendons stretch, improving flexibility
* Blood pressure increases improving the flow of oxygen and nutrients to the working muscles
* Improved mood through reduced muscular and mental tension
* Sleep is improved to allow muscles time to repair
* Lactic acid builds in the working muscles resulting in muscle soreness and fatigue
* Rate of breathing increases, increasing the uptake of oxygen into the body to supply working muscles via the bloodstream
* Utilises glycogen stored in muscles for energy

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| Musculoskeletal system  | Cardiorespiratory system | Aerobic exercise | Anaerobic exercise | Short term health benefits  |
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**Task 2 LO3 – Understand the use of warm ups and cools downs.**

What activities are conventionally used during a warm up? Include specific examples if possible.

- Dynamic Movements - Example side steps, shuttle runs etc

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**Task 3 LO4 – Understand the needs of different participants in sport and physical activity**

Participants in sport and physical activity will of course fall into an age range, gender, cultural group and even possibly in a group with specific health issues.

Its important to understand the needs of participants and how sport and physical activity can help support them.

Below give 2 examples of how sport can help someone with the following health related issues

**Low self-esteem**

**Illness/conditions (etc diabetes, asthma, heart conditions)**

**Disability (hearing, visual, paralysis)**

**Task 4 LO5 – Understand sports injuries, causes and their treatment for rehabilitation**

What do the following acronyms stand for in relation to treating injuries.

**SALTAPS**

**RICE**