

# NCFE

## SPORT LEVEL 3

Sub Diploma/1 A Level



Haverhill Community Sixth Form

## Introduction Tasks (Unit 1: Exercise, Health & Lifestyle)

Lead Tutor [rthompson@samuelward.co.uk](mailto:rthompson@samuelward.co.uk)

### Induction Task 1:

Follow this link and watch the short video on cardiovascular disease.

<https://www.youtube.com/watch?v=qJg5hA4pnOk>

On a word document, create a new file with:

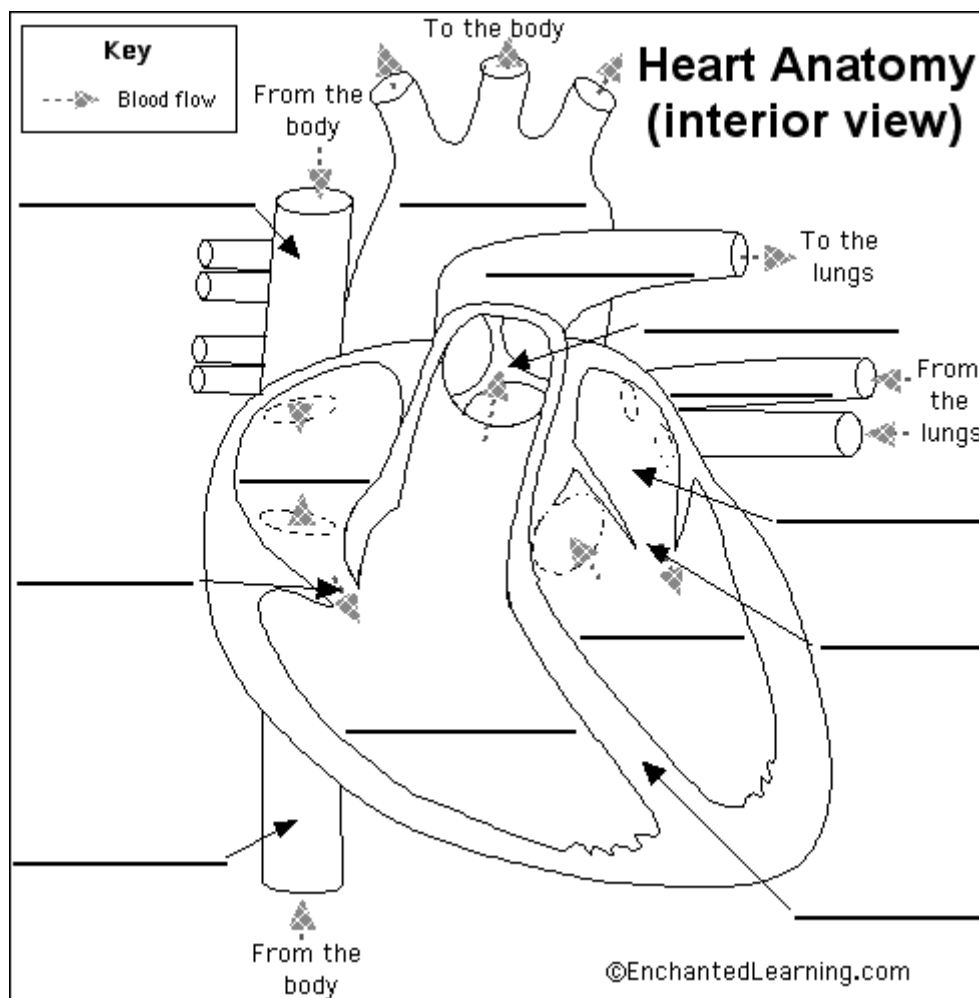
TITLE: cardiovascular disease

INTRODUCTION: explain what the term cardiovascular disease means.

ARTHEROSCLEROSIS: explain what this is, how it affects the body, what causes it and then what the preventative measures are.

Include diagrams or pictures to support your document.

You then need to find the correct anatomical names for these locations.



**MUST INCLUDE KEY VOCABULARY AND DEFINITIONS**

**PLEASE EMAIL COMPLETED WORK BY FRIDAY 11<sup>TH</sup> JUNE**

## Induction Task 2:

Continuing with the cardiovascular disease topic:

Watch this explanatory video on angina:

<https://www.youtube.com/watch?v=7XkOuo5DwAU>

Then continue on your word document with the new sub title of:

ANGINA: explain what this is, how it affects the body, what causes it and then what the preventative measures are.

Include diagrams or pictures to support your document.

HEART ATTACK: explain what this is, how it affects the body, what causes it and then what the preventative measures are.

Include diagrams or pictures to support your document.

500-word essay – *How can exercise at a young age reduce the risk of coronary heart disease later in life?*

**MUST INCLUDE KEY VOCABULARY AND DEFINITIONS**

**PLEASE EMAIL COMPLETED WORK BY FRIDAY 18<sup>TH</sup> JUNE**

## Induction Task 3:

Continuing with the cardiovascular disease topic:

Watch this educational video on stroke:

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

Then continue on your word document with the new sub title of:

STROKE: explain what this is, how it affects the body, what causes it and then what the preventative measures are.

**MUST INCLUDE KEY VOCABULARY AND DEFINITIONS**

Include diagrams or pictures to support your document.

What are the signs and symptoms of someone suffering a stroke? Explain.

**PLEASE EMAIL COMPLETED WORK BY FRIDAY 25<sup>TH</sup> JUNE**

## Introduction Tasks (Unit 2: Sports Injuries)

Lead Tutor [tsari@samuelward.co.uk](mailto:tsari@samuelward.co.uk)

### Induction Task 1:

Create a new word document and title it SPORTS INJURIES

Watch this video to 8 minutes

<https://www.youtube.com/watch?v=CVj7cdv5ins>

Create a word bank of all the keywords discussed in the video and have a short definition with it. For example:

KEY VOCABULARY	DEFINITION
Strain	An injury specific to a muscle or tendon

Then write a 500 word account of your worst injury/the worst injury you've witnessed following these hints:

- My worst injury was...
- It was caused by .....(lots of detail)
- What were the signs of the injury? (what could you see?)
- What were the symptoms? (What could you hear or feel?)
- What treatment did you have in the first instance?
- How did the treatment evolve over the duration of recovery?
- What forms of rehabilitation did you have to get fit and healthy again?
- What (if any) are the lasting effects of that injury?

• **PLEASE EMAIL COMPLETED WORK BY FRIDAY 11<sup>TH</sup> JUNE**

### Induction Task 2

Complete the video watched in the previous lesson (8 minutes onwards) using the link from above and then:

Using diagrams to support, create a set of anatomical locations. For each one you need:

- Anatomical name
- Location/s
- Diagram of support

• **PLEASE EMAIL COMPLETED WORK BY FRIDAY 18<sup>TH</sup> JUNE**

### Induction Task 3

Watch the following link on Common Sports Injuries and complete this table on your current word document.

<https://www.youtube.com/watch?v=upxeWJs5Pio>

Common Sports Injury	Injury Description	Signs	Symptoms	Picture

**PLEASE EMAIL COMPLETED WORK BY FRIDAY 25<sup>TH</sup> JUNE**