WQE is one of the largest sixth form providers in England; a large twin-site college, centrally located in the city of Leicester. The College’s most recent Ofsted inspection was in March 2022 where we received a Grade 2 (Good) for Overall Effectiveness.

WQE aims to develop young professionals to be qualified to Level 3 and ready to progress to Level 4. We recognise that our students join us from a diverse range of backgrounds and are responsive to individual needs to support all students in a successful transition from school to Post-16 education.

We actively encourage you start engaging with us at this early opportunity by completing the induction task below and submitting it to your class teacher during your first lessons in September

The task outlined below will give you an idea of what this Level 3 course involves.

**Level 3 Cambridge Technical in Sport & Physical Activity**

The Sport year one course will explore a range of units including Body Systems and Sports Coaching. Please complete the following tasks and bring it to your first lesson. Please feel free to use the internet and text books to help you.

1. **Describe** the pathway that blood takes though the heart.
2. **Compare** the dietary intakes of a marathon runner and a power lifter. Consider where they get their energy from and why they need it from particular sources
3. **Explain** the short term effects of exercise (temporary changes that occur during performance) on the muscular system and the long term effects of training (relatively permanent changes that occur as a results of training) on the muscular system.
4. **Analyse** the different types of leadership styles a sports coach may adopt. Use practical examples to help explain when different types of leadership styles may or may not be appropriate.