



# **BTEC First Diploma in Public Services CADET WORKBOOK**

## **THIS WORKBOOK:**

- A. IS TO BE USED BY CADETS REGISTERED FROM 2006 ONWARDS.
- B. CONTAINS THE QUESTIONS THAT CADETS MUST ANSWER TO COMPLETE UNITS 2, 3, 6 AND 13.
- C. CAN BE COMPLETED AT THE CONVENIENCE OF THE UNIT AND THE CADET WITHIN TWO YEARS OF REGISTRATION.
- D. IS COMPLETELY SEPARATE TO THE UNIT 1 PROJECT.
- E. ONCE COMPLETED IS TO BE SENT TO CVQO FOR MARKING. NO MARKING ACTION IS REQUIRED BY THE UNIT.
- F. YOU MAY USE THE INFORMATION IN THE RESOURCE BOOK AND OTHER SOURCES BY READING AND RE-TYPING THE CONTENT, BUT YOU MUST NOT ELECTRONICALLY COPY AND PASTE FROM ONE DOCUMENT TO THE OTHER.

**2007**



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**This workbook must be sent once completed  
to CVQO for marking.**

<b>COVER SHEET</b>	
FULL NAME (in capitals):	
VQ Number:  VQ	Edexcel Reference Number: <i>(if known)</i>
CCF Contingent/SCC Unit/ACF County/ATC Wing:	
Name of VQ Officer (in capitals):	
<b>THE DECLARATION BELOW MUST BE SIGNED BY THE CADET AND BY THEIR BTEC OFFICER TO CONFIRM THAT THE ANSWERS IN THIS WORKBOOK ARE THE CADET'S OWN WORK</b>	
This is to confirm that this workbook is my own work:	
<i>Signature of Cadet:</i>	<i>Date:</i>
<i>Signature of Unit VQ Officer:</i>	<i>Date:</i>

**THE WRITING SPACE PROVIDED  
IS MORE THAN ENOUGH FOR THE ANSWERS REQUIRED**

On completion the Unit VQ Officer is to sign & send to: CVQO  
3 Archipelago,  
Lyon Way,  
Frimley, Camberley,  
Surrey, GU16 7ER

# NOTES

To achieve a “**Pass**” for the **Workbook** element of a Unit you must:

- Correctly answer all “**Pass**” level questions in that Unit

To achieve a “**Merit**” for the **Workbook** element of a Unit you must:

- Correctly answer all “**Pass**” level questions in that Unit
- Correctly answer all “**Merit**” level questions in that Unit

To achieve a “**Distinction**” for the **Workbook** element of a Unit you must:

- Correctly answer all “**Pass**” level questions in that Unit
- Correctly answer all “**Merit**” level questions in that Unit
- Correctly answer all “**Distinction**” level questions in that Unit

## Multiple Choice Questions

This workbook makes use of Multiple Choice Questions (MCQs) for which you should select your answer from a number of given alternatives.

Below are some examples of how to answer these questions:

### Example 1:

Name 3 types of fruit

Select one of the combinations below:

<input type="checkbox"/>	Orange	Apple	Potato
<input type="checkbox"/>	Pear	Carrot	Banana
<input type="checkbox"/>	Apple	Plum	Orange
<input type="checkbox"/>	Orange	Parsnip	Apple

In the first line, Orange and Apple are fruit, Potato is not a fruit

In the second line, Pear and Banana are fruit, Carrot is not a fruit

In the third line, Apple, Plum and Orange are fruit

In the fourth line, Orange and Apple are fruit, Parsnip is not a fruit

So:

Put a tick in the box on line 3

## Example 2:

What should you take into consideration when deciding what to wear when you go out?

- A What you are doing when you get to your destination
- B The weather
- C Is it a Tuesday
- D How you are travelling

Select from:

- |                          |                             |
|--------------------------|-----------------------------|
| <input type="checkbox"/> | only A, B and C are correct |
| <input type="checkbox"/> | only B, C and D are correct |
| <input type="checkbox"/> | only A, C and D are correct |
| <input type="checkbox"/> | only A, B and D are correct |

- A is relevant
  - B is relevant
  - C is not relevant
  - D is relevant
- So:

Put a tick in the box on line 4

## Example 3:

Read the following:

**Statement A:** Footballs are round

**Reason:** Because

**Statement B:** Grass is green.

Select one of the combinations below:

	Statement A	Statement B	Reason
<input type="checkbox"/>	is False	is False	is False
<input type="checkbox"/>	is False	is True	is True
<input type="checkbox"/>	is True	is True	is False
<input type="checkbox"/>	is True	is False	is True

Look at **Statement A** to decide whether it is true or false, then at **Statement B**, then decide whether the **Reason** given is a valid link between **Statement A** and **Statement B**:

- **Statement A** is true
- **Statement B** is true
- but **Statement B** is not true Because **Statement A** is true, so the **Reason** given is false.

So:

Put a tick in the box on line 3

## UNIT 2 - PUBLIC SERVICE SKILLS

### Read this before you start

Some of the questions in this section is followed by four possible responses. For each question select the correct response and place a ✓ in the appropriate box below each question.

If you mark the wrong box, change the ✓ into a ✗ and put a ✓ in the correct box.

1. **For a Pass:**

What does "Teamwork" mean?

- Working together
- Working alone
- Telling others what to do
- Knowing a lot of things

*This question provides evidence towards Unit 2 P1*

2. **For a Merit:**

Which qualities are important for **teamwork** in the services?

There are four rows below each showing different qualities.

Which row shows **THREE** qualities of teamwork?

<input type="checkbox"/>	Self discipline	Self-pride	Commitment
<input type="checkbox"/>	Co-operation	Loyalty	Friendliness
<input type="checkbox"/>	Communication	Discipline	Trust
<input type="checkbox"/>	Commitment	Sociability	Identity

*This question provides evidence towards Unit 2 M1*

3. **For a Distinction:**

3a. Read the following statements:

- Statement A:** Communication allows everyone in a team to know what is happening.
- Reason:** Because
- Statement B:** Communication allows the team to know the identity of the leader.

Which of these responses is correct?

	<b>Statement A</b>	<b>Statement B</b>	<b>Reason</b>
<input type="checkbox"/>	False	True	True
<input type="checkbox"/>	True	True	True
<input type="checkbox"/>	True	False	False
<input type="checkbox"/>	True	True	False

*This question provides evidence towards Unit 2 D1*

3b. From your answer to question 2, evaluate the importance of **one** of the qualities of teamwork.

*This question provides evidence towards Unit 2 D1*

# UNIT 3 – UNIFORMED PUBLIC SERVICE FITNESS

## Part 1: Major Body Systems

### Read this before you start

Each of the questions in this Part are followed by four possible responses. For each question select the correct response and place a ✓ in the appropriate box below each question. If you mark the wrong box, change the ✓ into a ✗ and put a ✓ in the correct box.

### 1. **For a Pass:**

1a) Which organ pumps blood around the body?

- Brain
- Stomach
- Heart
- Liver

1b) What part of the body protects the lungs?

- Stomach
- Ribs
- Skull
- Aorta

1c) Which organ makes bile to help digest fats?

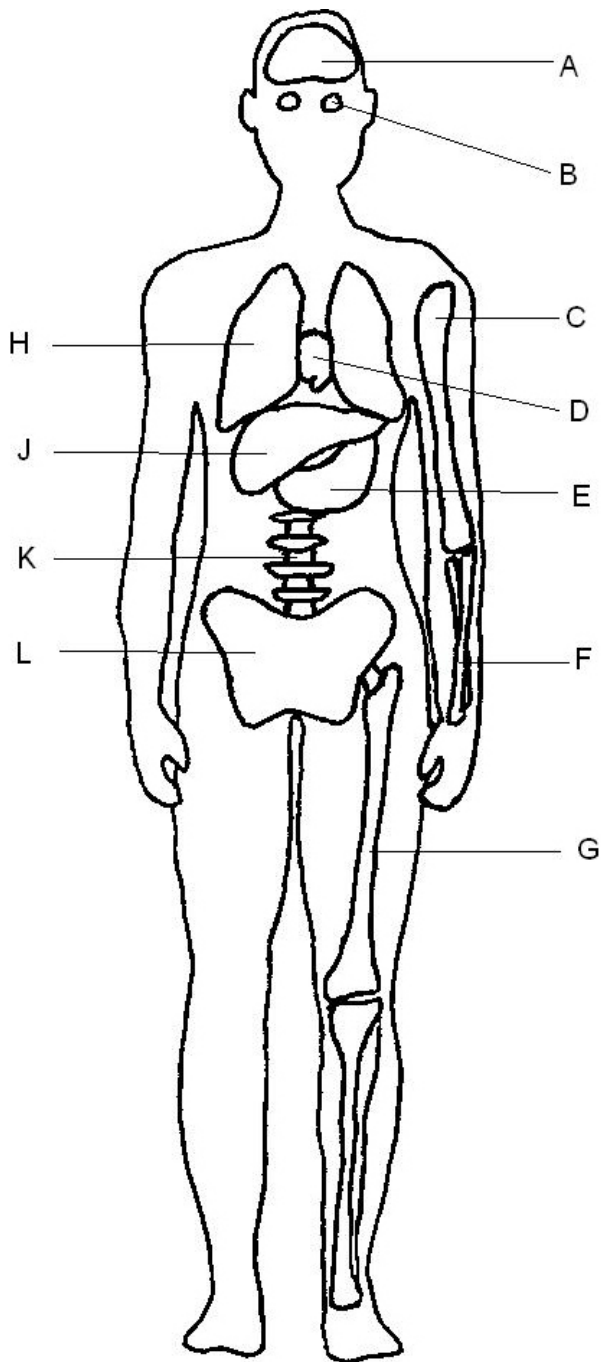
- Liver
- Kidneys
- Stomach
- Heart

1d) Which muscles contract to move ribs up and out to breathe in?

- Biceps
- Triceps
- Quadriceps
- Intercostals

*This question provides evidence towards Unit 3 P1*

2. **For a Pass:**



2a) Where on the diagram is the stomach?

- A
- C
- E
- G

2b) Where on the diagram are the lungs?

- B
- H
- D
- J

2c) Where on the diagram is the humerus?

- C
- L
- F
- H

2d) Where on the diagram is the vertebral column?

- B
- E
- J
- K

*This question provides evidence towards Unit 3 P1*

3. **For a Merit:**

3a. Explain ONE LONG TERM effect of fitness training on the respiratory system.

- Increase in rate of breathing to supply oxygen to cells
- Deeper breaths to supply more oxygen to cells
- More efficient respiratory system due to increase in volume of lungs and stronger breathing muscles
- Decrease in weight due to more energy being used by the body

3b. Explain TWO LONG TERM effects of fitness training on the cardiovascular system.

- A Increase in the size of the heart due to build up of heart muscle.
- B Increase in heart rate to pump more blood around the body to supply cells with oxygen and nutrients
- C Shunting of blood from less important organs for exercise, such as the digestive system, so more important areas receive enough oxygen and nutrients
- D Number of red blood cells increases due to long term increase in demand of oxygen by cells

Select from:

- |                          |   |     |   |      |
|--------------------------|---|-----|---|------|
| <input type="checkbox"/> | A | and | B | only |
| <input type="checkbox"/> | B | and | C | only |
| <input type="checkbox"/> | C | and | D | only |
| <input type="checkbox"/> | A | and | D | only |

3c. Explain TWO SHORT TERM effects of fitness training on the muscular-skeletal system

- A Larger muscles due to overload encouraging more muscle cells being laid down
- B More glycogen and oxygen stored in muscles due to long term demand, therefore making fatigue less likely
- C Increase of blood flow to the muscles due to increase in demand for oxygen and nutrients by cells
- D Greater oxygen demand by muscles due to greater need for energy

Select from:

- |                          |   |     |   |      |
|--------------------------|---|-----|---|------|
| <input type="checkbox"/> | A | and | B | only |
| <input type="checkbox"/> | B | and | C | only |
| <input type="checkbox"/> | C | and | D | only |
| <input type="checkbox"/> | A | and | D | only |

*This question provides evidence towards Unit 3 M1*

## Part 2: Nutrition

### Read this before you start

Each of the questions in this Part are followed by four possible responses. For each question select the correct response and place a ✓ in the appropriate box below each question. If you mark the wrong box, change the ✓ into a ✗ and put a ✓ in the correct box.

#### 1. **For a Pass**

- 1a. Which food group provides a readily used source of energy?
- Protein
  - Fibre
  - Carbohydrates
  - Vitamins
- 1b. Which food group is important for growth, repair and maintenance of the body?
- Minerals
  - Protein
  - Carbohydrates
  - Water
- 1c. Which food group is important for transport of nutrients around the body?
- Water
  - Protein
  - Fibre
  - Vitamins
- 1d. Which food group is important for protecting vital body organs (e.g. kidneys)?
- Carbohydrates
  - Minerals
  - Water
  - Fat
- 1e. Which food group is involved in the control of body processes, e.g. action of the nerves?
- Fibre
  - Minerals
  - Carbohydrate
  - Protein
- 1f. Which food group is only required in small amounts and is involved in the chemical reactions in cells?
- Fibre
  - Protein
  - Vitamins
  - Carbohydrates
- 1g. Which food group maintains a healthy digestive system?
- Vitamins
  - Minerals
  - Carbohydrates
  - Fibre

*This question provides evidence towards Unit 3 P2*

2. **For a MERIT**

2a. What **REDUCES** the risk of developing diabetes?

Select one of the combinations below:

<input type="checkbox"/>	Eating a sensible diet to maintain a healthy weight	Eating lots of biscuits and cakes	Drinking sweet fizzy drinks
<input type="checkbox"/>	Drinking sugary drinks	Consuming high energy diets so you become over weight	Eating wholemeal pasta
<input type="checkbox"/>	Eating complex carbohydrates, such as wholemeal pasta	Eating a sensible diet to maintain a healthy weight	Drinking water
<input type="checkbox"/>	Drinking water	Consuming high energy diets so you become over weight	Eating lots of refined sugars such as biscuits and cakes

2b. What **REDUCES** the risk of developing high blood pressure?

Select one of the combinations below:

<input type="checkbox"/>	Eat a lot of salty food	Eating a sensible diet to maintain a healthy weight	Drinking large quantities of alcohol
<input type="checkbox"/>	Eat a lot of fatty foods, particularly animal fats	Keeping within the recommended number of units of alcohol each week	Eat a lot of salty food
<input type="checkbox"/>	Eat a lot of salty food	Drinking large quantities of alcohol	Eating a sensible diet to maintain a healthy weight
<input type="checkbox"/>	Keeping within the recommended number of units of alcohol each week	Eating a sensible diet to maintain a healthy weight	Make sure you do not eat too much salt in your diet

2c. What **REDUCES** the risk of developing high cholesterol?

Select one of the combinations below:

<input type="checkbox"/>	Consuming high energy diets so you become over weight	Keeping within the recommended number of units of alcohol each week	Eating a low-fat diet, particularly missing out animal fats
<input type="checkbox"/>	Eating a low-fat diet, particularly missing out animal fats	Eating a sensible diet to maintain a healthy weight	Keeping within the recommended number of units of alcohol each week
<input type="checkbox"/>	Eating a sensible diet to maintain a healthy weight	Drinking large quantities of alcohol	Eating a low-fat diet, particularly missing out animal fats
<input type="checkbox"/>	Drinking large quantities of alcohol	Eating a low-fat diet, particularly missing out animal fats	Eating a sensible diet to maintain a healthy weight

*This question provides evidence towards Unit 3 M2*

## Part 3: Components of Fitness

### Read this before you start

Each of the questions in this Part are followed by four possible responses. For each question select the correct response and place a ✓ in the appropriate box below each question. If you mark the wrong box, change the ✓ into a ✗ and put a ✓ in the correct box.

### 1. **For a Pass:**

- 1a. Which component of fitness is the ability to rapidly and accurately change the direction of the movement of the body
- Coordination  
 Agility  
 Muscular strength  
 Balance
- 1b. Which component of fitness is the ability to maintain equilibrium when standing or moving?
- Balance  
 Muscular Strength  
 Agility  
 Speed
- 1c. Which component of fitness is the ability to supply nutrients and oxygen to the muscles?
- Muscular Endurance  
 Flexibility  
 Power  
 Cardiovascular Endurance
- 1d. Which component of fitness is the ability to transfer energy into force?
- Agility  
 Balance  
 Flexibility  
 Power
- 1e. Which component of fitness is the relative percentage of fat, muscle, bone and other tissues in the body?
- Muscular Strength  
 Body Composition  
 Flexibility  
 Coordination
- 1f. Which component of fitness is the ability of the muscles to exert themselves repeatedly?
- Muscular Strength  
 Reaction Time  
 Balance  
 Muscular Endurance
- 1g. In the RAF fitness test, which component of fitness is NOT tested by the shuttle run, press-ups or sit-ups?
- Power  
 Muscular Endurance  
 Body Composition  
 Speed

*This question provides evidence towards Unit 3 P3*

## Part 4: Planning a Fitness Training Programme

### Read this before you start

Each of the questions in this Part are followed by four possible responses.  
For each question select the correct response and place a ✓ in the appropriate box below each question.  
If you mark the wrong box, change the ✓ into a ✗ and put a ✓ in the correct box.

#### 1. **For a Pass:**

1a. What does **NOT** need to be considered as a factor of health and safety when designing your own fitness training programme?

- Clothing
- Warm-ups
- Weather
- Sweets

1b. Which factor of health and safety is carried out before training starts to reduce the risk of injury to muscles and tendons?

- Weather
- Warm-ups
- Equipment
- Clothing

*This question provides evidence towards Unit 3 P5*

#### 2. **For a Merit:**

What should you take into consideration when planning a fitness programme?

- A Gear your training towards your specific sport
- B Increase training time if the event you are training for is difficult to perform or dangerous
- C Build up the difficulty of your training programme gradually
- D Build up the overload over time to improve performance of your body

Select from:

only A, B and C are correct

only B, C and D are correct

only A, C and D are correct

only A, B and D are correct

*This question provides evidence towards Unit 3 M4*

## Part 5: Your Fitness Training Programme

### 1. **For a Pass:**

You have taken the fitness test for the service you want to join and you have failed it. You now have to **plan and undertake** a training programme to improve your performance.

In the space below plan **one week** of your **three month** plan (this is the 6<sup>th</sup> week of your plan). Your plan **must include 1 or 2 rest days** in the week.

Day	Mark one box to show the main component you are working on.	Workout Mark one box to show your planned training.	Method of Training (mark one main method of training you are using)
Monday	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility	<input type="checkbox"/> Cycle 60 mins, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Circuit <input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance Training <input type="checkbox"/> Rest day
Tuesday	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility	<input type="checkbox"/> Cycle 60 mins, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Circuit <input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance Training <input type="checkbox"/> Rest day
Wednesday	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility	<input type="checkbox"/> Cycle 60 mins, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Circuit <input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance Training <input type="checkbox"/> Rest day
Thursday	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility	<input type="checkbox"/> Cycle 60 mins, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Circuit <input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance Training <input type="checkbox"/> Rest day
Friday	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility	<input type="checkbox"/> Cycle 60 mins, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Circuit <input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance Training <input type="checkbox"/> Rest day
Saturday	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility	<input type="checkbox"/> Cycle 60 mins, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Circuit <input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance Training <input type="checkbox"/> Rest day
Sunday	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility	<input type="checkbox"/> Cycle 60 mins, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Circuit <input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance Training <input type="checkbox"/> Rest day

*This question provides evidence towards Unit 3 P6*

Cadet's Initials: \_\_\_\_\_

2. **For a Merit:**

If you were to undertake a public service fitness test today, **identify** what you would consider are **2** of your **strengths** and **2** of your **weaknesses** for this test.

STRENGTH	WEAKNESS
1.	1.
2.	2.

*This question provides evidence towards Unit 3 M3*

3. **For a Distinction:**

3a. **Why** do you think you would be weak in those areas you have highlighted?

WEAKNESS	REASON FOR WEAKNESS
1	
2	

*This question provides evidence towards Unit 3 D2*

3b. **How** would you improve on those areas in which you consider yourself weak? How would you check your progress?

WEAKNESS	HOW TO IMPROVE WEAKNESS	HOW ARE YOU GOING TO CHECK YOUR PROGRESS TOWARDS YOUR TARGET?
1		
2		

*This question provides evidence towards Unit 3 D1*

# UNIT 6 - ADVENTUROUS ACTIVITIES AND TEAMWORK FOR THE PUBLIC SERVICES

## Part 1: The Benefits of Outdoor Activities

### Read this before you start

Each of the questions in this Part are followed by four possible responses. For each question select the correct response and place a ✓ in the appropriate box below each question. If you mark the wrong box, change the ✓ into a ✗ and put a ✓ in the correct box.

### 1. **For a Pass:**

1a. Public Service teams and individuals both benefit from AT activities. Name **FOUR** of those benefits.

- |                          |                  |                          |            |
|--------------------------|------------------|--------------------------|------------|
| <input type="checkbox"/> | Determination    | <input type="checkbox"/> | Learning   |
| <input type="checkbox"/> | Trust            | <input type="checkbox"/> | Restful    |
| <input type="checkbox"/> | Physical Ability | <input type="checkbox"/> | Danger     |
| <input type="checkbox"/> | Anxiety          | <input type="checkbox"/> | Repetitive |

*This question provides evidence towards Unit 6 P4, P5*

1b. There are a number of benefits gained from taking part in an outdoor pursuit residential. Name **THREE** of those benefits.

- |                          |                       |                          |   |
|--------------------------|-----------------------|--------------------------|---|
| <input type="checkbox"/> | Self Reliance         | <input type="checkbox"/> | Experience a new environment            |
| <input type="checkbox"/> | Get up late           | <input type="checkbox"/> | Take part in wide range of activities   |
| <input type="checkbox"/> | Can eat what you like | <input type="checkbox"/> | Do not have to worry about other people |
| <input type="checkbox"/> | Team Building         |                          |   |

*This question provides evidence towards Unit 6 P2*

1c. Name **FOUR** recognised **Outdoor Adventurous Training** activities that your chosen Service gets involved in.

- |                          |               |                          |                                  |
|--------------------------|---------------|--------------------------|----------------------------------|
| <input type="checkbox"/> | Canoeing      | <input type="checkbox"/> | Indoor Football                  |
| <input type="checkbox"/> | Rock Climbing | <input type="checkbox"/> | 0.22 Indoor Competition Shooting |
| <input type="checkbox"/> | Skittles      | <input type="checkbox"/> | Darts                            |
| <input type="checkbox"/> | Sailing       | <input type="checkbox"/> | Caving                           |

*This question provides evidence towards Unit 6 P6*

2. **For a Merit:**

The following are statements which could reflect the benefits of outdoor pursuits, which are true?

- A Individuals must be disciplined to learn new skills.
- B Outdoor pursuits are normally arranged when there is nothing else to do.
- C A team can only succeed in outdoor skills if they trust each other.
- D Individuals partaking in outdoor pursuits will gain in confidence as they learn something new.
- E Outdoor activities can only be conducted in adverse weather conditions.
- F Unless an individual is determined there will never be success.

Select one of the combinations below:

- only A, B, D and F are true
- only B, C, D and F are true
- only A, C, D and F are true
- only A, B, D and E are true
- None of the above are true

*This question provides evidence towards Unit 6 M1*

3. **For a Distinction:**

3. Read the following:

**Statement A:** Outdoor pursuits are dangerous

**Reason:** Because

**Statement B:** Without dangers you cannot understand safety.

Select one of the combinations below:

	Statement A	Statement B	Reason
<input type="checkbox"/>	is True	is True	is False
<input type="checkbox"/>	is False	is False	is True
<input type="checkbox"/>	is False	is True	is True
<input type="checkbox"/>	is False	is False	is False

*This question provides evidence towards Unit 6 D1*

## Part 2: Outdoor Activities in Youth Organisations

### 1. **For a Pass:**

1a. List **FOUR** Outdoor Activities carried out in **your** Youth Organisation.

Name of Organisation:	
1.	
2.	
3.	
4.	

1b. List **FOUR** Outdoor Activities carried out in **another** Youth Organisation.

Name of Organisation:	
1.	
2.	
3.	
4.	

*This question provides evidence towards Unit 6 P3*

### 2. **For a Merit:**

Compare the use of Adventurous and Teamwork Activities carried out in your Youth Organisation (named in your answer to 1a) to the use of Adventurous and Teamwork Activities in the Organisation named in your answer to 1b.

--

*This question provides evidence towards Unit 6 M2*

3. **For a Distinction:**

Evaluate the use of Adventurous and Teamwork Activities carried out in your Youth Organisation (named in your answer to 1a) to the use of Adventurous and Teamwork Activities in the Organisation named in your answer to 1b.

*This question provides evidence towards Unit 6 D1*

# UNIT 13 - EXPEDITION SKILLS

**Read this before you start**

Each of the questions in this section is followed by a number of possible responses. For each question select the correct response and place a ✓ in the appropriate box. If you mark the wrong box, change the ✓ into a ✗ and put a ✓ in the correct box.

1. **For a Pass:**

There are a number of benefits to the **SERVICES** from Expeditions; identify **FOUR** of them.

- |   |  |
|---|--|
| <input type="checkbox"/> Self Reliance<br><input type="checkbox"/> Fitness<br><input type="checkbox"/> Cheap<br><input type="checkbox"/> Punishment | <input type="checkbox"/> Separation from family<br><input type="checkbox"/> Initiative<br><input type="checkbox"/> Time filler<br><input type="checkbox"/> Endurance |
|---|--|

*This question provides evidence towards Unit 13 P1*

2. **For a Merit:**

Read the following:

**Statement A:** Expeditions mean individuals in the Services are better trained for operational commitments

**Reason:** Because

**Statement B:** Teams require training to overcome fear.

Select one of the combinations below:

	Statement A	Statement B	Reason
<input type="checkbox"/>	is True	is True	is False
<input type="checkbox"/>	is True	is False	is False
<input type="checkbox"/>	is True	is True	is True
<input type="checkbox"/>	is False	is True	is True

*This question provides evidence towards Unit 13 M1*

3. **For a Distinction:**

Read the following:

**Statement A:** The Services use expedition training in order that teams can go abroad

**Reason:** So that

**Statement B:** Individuals can learn to operate independently in a team.

Select one of the combinations below:

	Statement A	Statement B	Reason
<input type="checkbox"/>	is True	is False	is False
<input type="checkbox"/>	is False	is True	is True
<input type="checkbox"/>	is True	is True	is False
<input type="checkbox"/>	is True	is False	is True

*This question provides evidence towards Unit 13 D1*