



Getting Ahead – Pre-course Work

#ThinkBrock

Uniformed Protective Services Level 3 Extended Diploma

Welcome to **Uniformed Protective Services Level 3 Diploma**. In preparation for the start of the course, please complete these tasks and have them with you to hand in during your first week of college in September.

Mandatory units to be covered:

- Unit 1 Citizenship and Diversity
- Unit 2 Behaviour and Discipline
- Unit 3 Global Affairs, the Media and the Uniformed Protective Services
- Unit 4 Physical Preparation, Health and Wellbeing
- Unit 5 Teamwork, Leadership and Communication in the Uniformed Protective Services
- Unit 6 Government and the Protective Services
- Unit 7 Planning for and Responding to Emergency Incidents

These tasks should take you approximately four and a half hours to complete and are designed to give you an introduction to the subject, and the expectations we have for you to complete at least four and a half hours of independent study, per subject, per week.

You will also be covering 6 other optional units when your course starts.

Name:

Unit 1: Citizenship and Diversity

1. What is a citizen?
2. What is Diversity?
3. What are the qualities of a good citizen?
4. What are the Human Rights?
5. What are the key pieces of Equality Legislation in the UK?
6. What is a grievance procedure?



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7. What is positive action?
8. How will demographic changes affect the public services?
9. List three fictional and three factual portrayals of the public services
10. What is the difference between a statutory and a non-statutory public service?

Unit 2: Behaviour and Discipline

1. What is conformity?
2. What are intrinsic rewards?
3. What study on obedience did Milgram conduct?
4. What traits do Type A personalities have?
5. What is classical conditioning?
6. What happens physiologically to our body when we get stressed?
7. What does PTSD stand for?
8. Read up on Skinner's and Watson's study on Operant Conditioning

Unit 3: Global Affairs, the Media and the Uniformed Protective Services

1. What Global Affairs have the Royal Marines been involved in, within the last 10 years.



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2. Give an example of a Non-Conflict Global Affair.
3. List as many types of media as possible.
4. Give examples of Right-Wing media platforms.
5. Give examples of Left-Wing newspapers.
6. What are the benefits of social media to local Police Forces?

Unit 4: Physical Preparation, Health and Wellbeing

1. Give a definition of the Musculoskeletal System.
2. Give a definition of the Cardiovascular System.
3. Give a definition of the Respiratory System.
4. What is the importance of maintaining lifestyle factors in health and wellbeing.
5. Why do the UPS have fitness tests.

Unit 5 - Teamwork, Leadership and Communication in the Uniformed Protective Services

1. What is a Team?
2. List 3 benefits of using teams in the UPS.
3. What are the main purposes of a team briefing?



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4. Give a brief summary of Belbin's team roles.
5. List the five stages of Tuckman's Theory.
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
6. Why do some communications need to be written? What are the advantages and disadvantages of written communications?
7. How have electronic communications helped the work of the public services? What are the key issues with their use?
8. How does email protocol for public services employees differ from the way an employee may use email in private correspondence?
9. Identify two types of radio systems and describe the key features of each.
10. Explain the meaning of the abbreviations UHF, VHF and HF

Unit 6: Government and Protective Services

1. Explain how the elements in the UK parliament provide a constitutional democracy?
2. Name the leaders of the main political parties in the United Kingdom
3. How many MPs are there?
4. Who can stand for election?
5. Explain what is meant by Royal Assent.
6. Identify three factors that can affect government policy.



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- 1.
- 2.
- 3.

Unit 7: Responding to Emergency Incidents

1. Imagine you are the first responder to a multi-vehicle accident on a busy highway. Describe the steps you would take to ensure the safety of the victims, yourself, and other road users.
2. Explain the importance of effective communication and coordination among emergency services during a major incident. Provide an example of how poor communication could impact the response.
3. What are the different types of Major Incidents.

Programmes to watch:

BBC News/Sky News/ITV News – National and Local- keeping up to date with current affairs is an absolute MUST!!!

Forces TV - YouTube

There are also several other programs that are available on demand or streaming which are relevant to specific Uniformed Protective Services. For example: 24hrs in A&E.

Getting Equipped

You will need the following:

- A ring binder
- Dividers
- Stationery (pens, pencils, a ruler)