



# Getting Ahead – Pre-course Work

#ThinkBrock

## Uniformed Protective Services Teamwork and Personal Development in the Community Level 2 Diploma

Welcome to Uniformed Protective Services Teamwork and Personal Development in the Community Level 2 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.

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.

### Mandatory units to be revised:

- Unit 1 Developing Effective Teamwork Skills

### Optional Units:

- Unit 3 Preparing for Employment
- Unit 4 Improving Health and Fitness for Personal Wellbeing
- Unit 5 Personal Development through Adventurous Activities
- Unit 6 Land Navigation by Map and Compass
- Unit 7 Expedition Skills

### Unit 1: Developing Effective Teamwork Skills

1. What are teamworking skills.
2. What are 2 benefits of working as a team.
3. What is effective communication.
4. What is Tuckman's 5 stages of team development.
5. What are 2 challenges of teamwork.

### Unit 3: Preparing for Employment

1. What are 3 soft skills.
2. What are 2 personal qualities.
3. What is the purpose of a CV.
4. What question would you ask at an interview and why.

### Unit 4: Improving Health and Fitness for Personal Wellbeing



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1. What is a healthy lifestyle.
2. What is basic nutrition
3. What is the energy balance equation.
4. What is the purpose of fitness testing.

## Unit 5: Personal Development through Adventurous Activities

1. What are adventurous activities.
2. What are the benefits of adventurous activities.
3. Why is safety important when taking part in adventurous activities.
4. Why is correct clothing important for adventurous activities.

## Unit 6: Land Navigation by Map and Compass

1. Name to functions of a compass.
2. Name two different map sizes.
3. What is the difference between grid north and magnetic north.
4. Why is it important to have a route card before going on an expedition.

## Unit 7: Expedition Skills

1. List 3 pieces of equipment you would need for an overnight expedition.
  - 1.
  - 2.
  - 3.
2. Why is it important to plan an expedition.
3. List 3 pieces of safety equipment you would need for an overnight expedition.
  - 1.
  - 2.
  - 3.

## Getting Equipped

You will need the following:

- Stationery (pens, pencils, a ruler)
- Note pads