

BTEC Level 3 National Extended Diploma in Uniformed Protective Services

SUBJECT

Year 12

UNIFORMED PROTECTIVE SERVICES

Summer Independent Learning

NAME: _____

B NUMBER: _____



Unit 2

Behaviour and Discipline



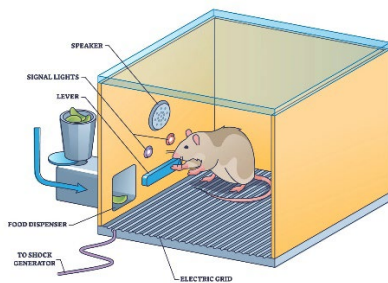
A1 Principal psychological perspectives applied to behaviour

What is Psychology?

A1.1 In your own words define the term 'psychology'



Psychological Perspectives



Behaviourist



Psychodynamic



Humanistic



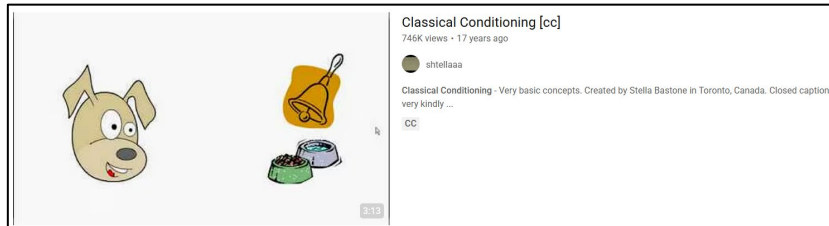
Cognitive

Behaviourist:

Classical Conditioning



Online Video



[Classical Conditioning \[cc\]](#)

Key Terms

Stimuli	Unconditioned Stimulus (NS)	Unconditioned Stimulus (UCS)
Unconditioned Response (UCR)	Conditioned Stimulus (CS)	Conditioned Response (CR)

A1.1

After watching the video, make as many notes as you need to which will help you with the quiz at the end. Pay attention to the key terminology listed (above).

Psychodynamic:



Psychology » Freudian Psychology

Psychodynamic Approach In Psychology

By [Saul McLeod, PhD](#) | Updated on May 12, 2025

Reviewed by [Olivia Guy-Evans, MSc](#)

[Psychodynamic Approach In Psychology](#)

Key Terms

id	Conscious	Regression
Ego	Pre-conscious	Denial
Superego	Subconscious	Displacement
Repression		

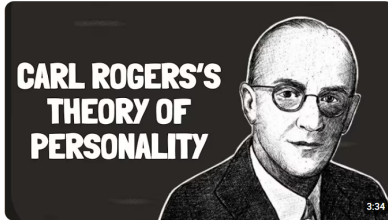
A1.2

After reading the webpage, make as many notes as you need to which will help you with the quiz at the end. Pay attention to the key terminology listed (page 5).

Humanistic:



Online Video



CARL ROGERS'S THEORY OF PERSONALITY. Self actualisation.
Client-Centered Therapy. CBSE/NCERT

12K views · 1 year ago

PsycholLogic

In this informative video, we delve into the core concepts of Carl Rogers's Theory of Personality. Explore the significance of ...

[\(46\) CARL ROGERS'S THEORY OF PERSONALITY. Self actualisation. Client-Centred Therapy. CBSE/NCERT - YouTube](#)

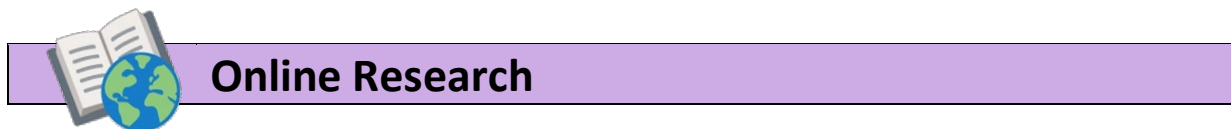
Key Terms

Free Will	Self-Concept	Ideal Self
Incongruence		

A13

After watching the video, make as many notes as you need to which will help you with the quiz at the end. Pay attention to the key terminology listed (above).

Cognitive:



Psychology » Cognitive Psychology

Cognitive Approach In Psychology

By Saul McLeod, PhD | Updated on May 12, 2025

✓ Reviewed by Olivia Guy-Evans, MSc

Search

PSYCHOLOGY >

[Cognitive Approach In Psychology](#)

A1.2

After reading the webpage, make as many notes as you need to which will help you with the quiz at the end. Pay attention to the key terminology listed (above).

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Quiz

Undertake the following quiz using the link / QR Code.

Make sure that you answer all questions.

Please make every attempt to have taken comprehensive notes for each theory as this content links to an assessment you will have undertaken during the Autumn term.

The quiz is not timed!

Good luck.



<https://forms.office.com/e/xzM899nB7f?origin=lprLink>

Unit 4

Physical Preparation, Health and Wellbeing

A1 Key Human Body Systems Associated with Physical Activity

What is fitness?

Fitness is defined by the American College of Sports Medicine (ACSM) as:

"Physical fitness is a set of attributes that people have or achieve, that relate to their ability to perform physical activity." (ACSM, 2000).

Health Related Tests

Health tests are performed to determine whether an individual is healthy enough to participate in fitness tests or whether they need GP clearance. Health related tests are static in nature.

Fitness Tests

Fitness tests are designed to measure an individual's fitness levels in comparison to normative values. Fitness tests are often dynamic in nature and involve physical exertion.

The skeletal system



Online Research



Skeletal system - Edexcel

The skeletal system and the vertebral column

The skeleton is the central structure of the body and is made up of bones, joints and cartilage. The skeleton provides the framework for muscles and gives the body its defined human shape.

Part of [Physical Education](#) | [Applied anatomy and physiology](#)

[The skeletal system and the vertebral column - Skeletal system - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize](#)

A1.1 State and explain five functions of the skeletal system:

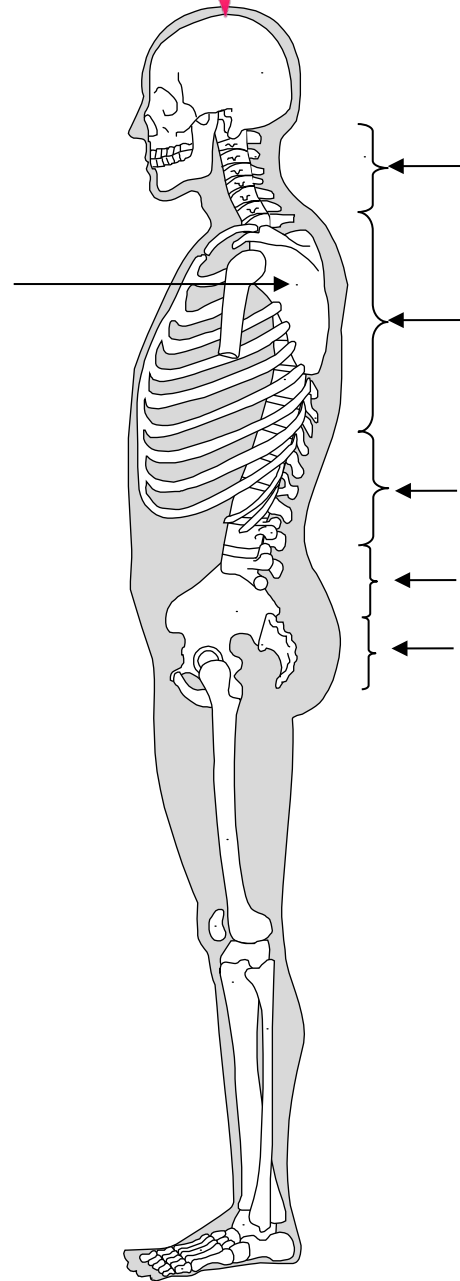
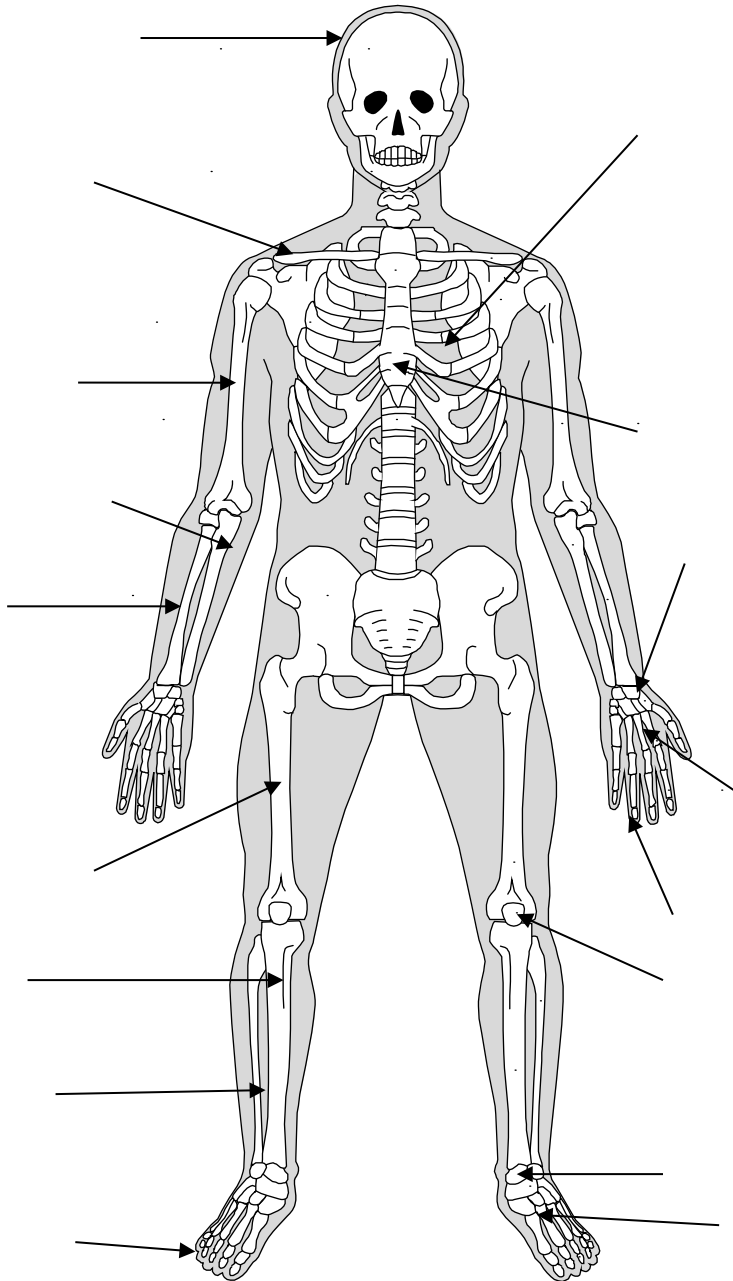
P2



Function	Explanation

A1.2 Label the diagram (below)

P2



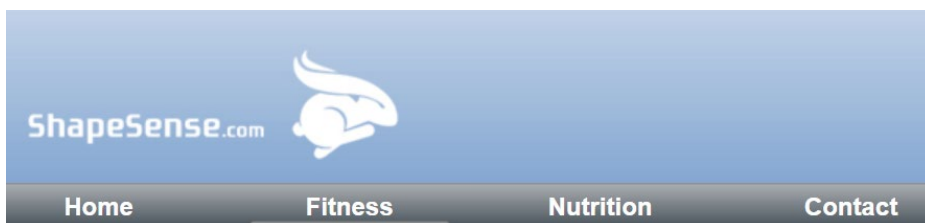
Skull	Fibula	Phalanges	Phalanges	Femur
Carpels	Metacarpals	Ribs	Sternum	Thoracic
Scapula	Clavicle	Metatarsals	Ulna	Lumbar
Cervical	Tibia	Radius	Sacrum	Humorous
Coccyx	Tarsals			

Which part is missing?

The muscular system



Online Research



Muscle Anatomy



Muscular system - WJEC

Voluntary muscles

This system is mainly concerned with producing movement through muscle contraction. This section explores the different types of muscles in our body and their involvement in sporting activities.

Part of [Physical Education](#) | [Applied anatomy and physiology](#)

Voluntary muscles - Muscular system - WJEC - GCSE Physical Education Revision - WJEC - BBC Bitesize

A1.3 After reviewing the reference material (above), answer the following questions

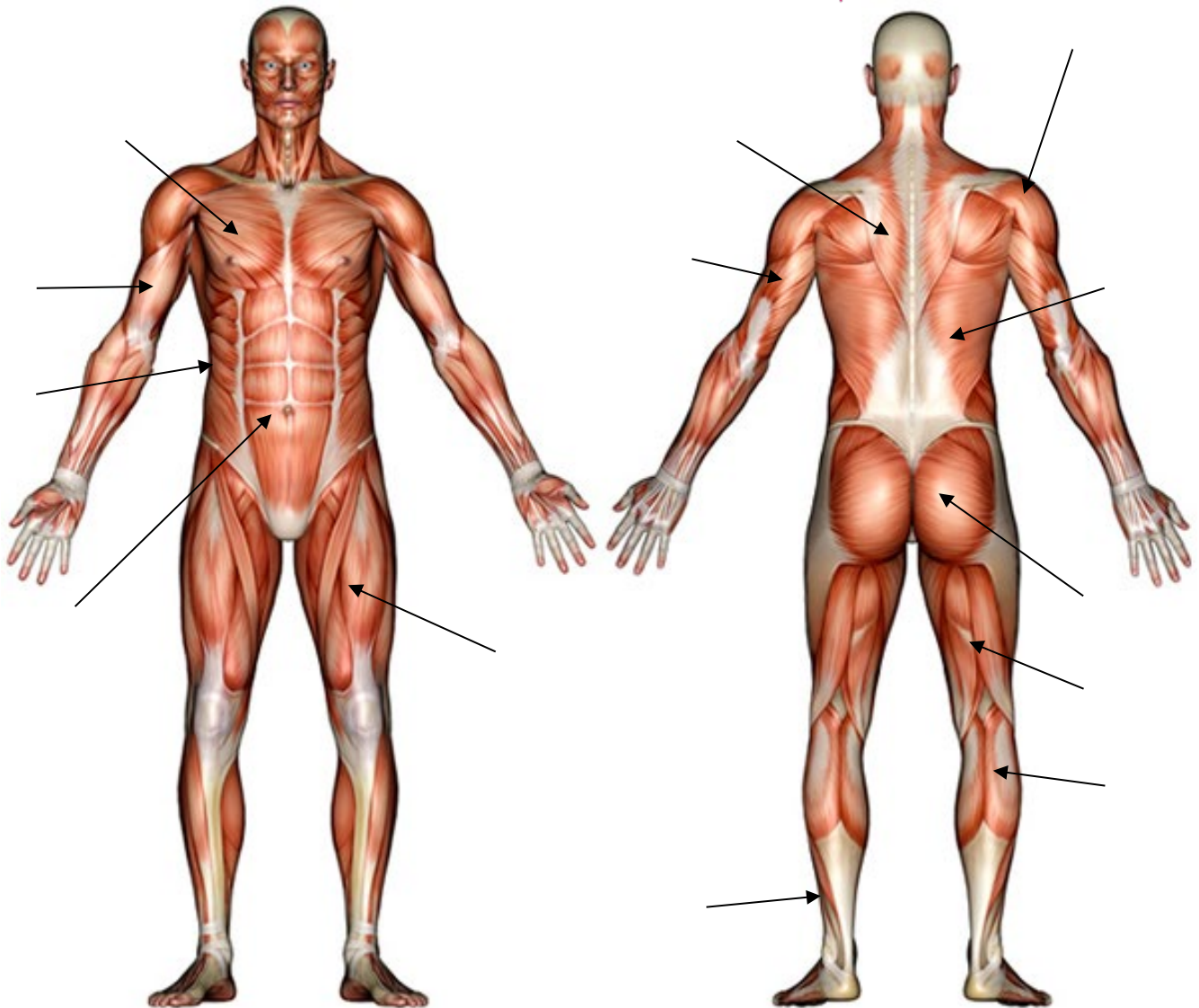
P2

TEST YOUR KNOWLEDGE

In your own words, describe the function of the muscular system.	
<u>Explain</u> the term antagonistic muscles?	
<u>Give</u> an example of two antagonistic muscles.	
<u>Name</u> an exercise which would develop two antagonistic muscles and explain how.	

A1.4 Label the diagram (below)

P2



(Shapesense, 2025)

Pectoralis	Triceps	Quadriceps	Abdominals	Gastrocnemius
Latissimus Dorsi	Obliques	Deltoid	Gluteus Maximus	Bicep
Hamstring	Soleus			

Which part is missing?

The respiratory system



Online Research



KS3

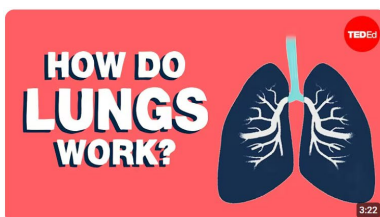
Gas Exchange and Respiration

Part of [Science](#) | [Biology](#)[Save to My Bitesize](#)

[Gas Exchange and Respiration - BBC Bitesize](#)



Online Video



How do lungs work? - Emma Bryce

3.2M views • 10 years ago

TED-Ed

Take a journey into the lungs to see how the respiratory system and automatic nervous system work together to ...

CC

3 chapters: Intro | Respiratory system | Autonomic nervous system

[How do lungs work? - Emma Bryce](#)

A1.5

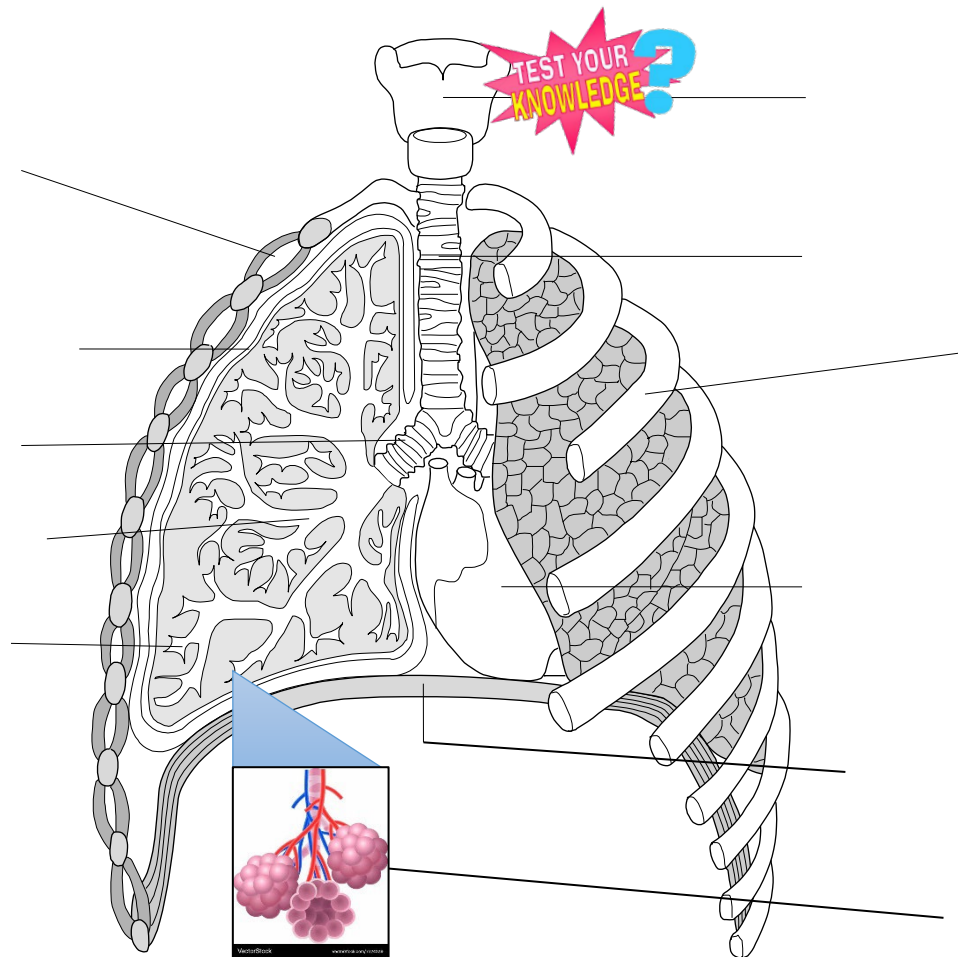
After reviewing the reference material (above), answer the following questions:

P2



<p><u>Explain</u> the term 'breathing'</p>	
<p><u>Explain</u> the term 'aerobic' respiration.</p>	
<p><u>Explain</u> the term 'anaerobic' respiration.</p>	
<p><u>Give</u> two examples of exercises which use 'aerobic' respiration.</p>	
<p><u>Give</u> two examples of exercises which use 'anaerobic' respiration.</p>	

A1.6 Label the diagram P2



Diaphragm	Bronchus	Trachea	Bronchi	Bronchioles
Heart	Pleural Cavity	Ribs	Alveoli	Intercostal Muscles

Which part is missing?

The cardiovascular system



Online Research



Structure and function of the heart

Blood vessels leading into and out of the heart

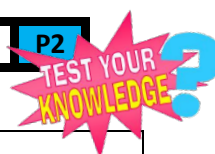
In this Higher Human Biology revision guide, you will learn in detail that cardiac output is a measure of the rate of blood flow through the heart and its associated blood vessels. You can also revise the blood vessels leading into and out of the heart, the cardiac conduction system, and autonomic and hormonal control.

Part of [Human Biology](#) | [Physiology and Health](#)

[Blood vessels leading into and out of the heart - Structure and function of the heart - Higher Human Biology Revision - BBC Bitesize](#)

A1.7 After reviewing the reference material (above), answer the following questions:

P2

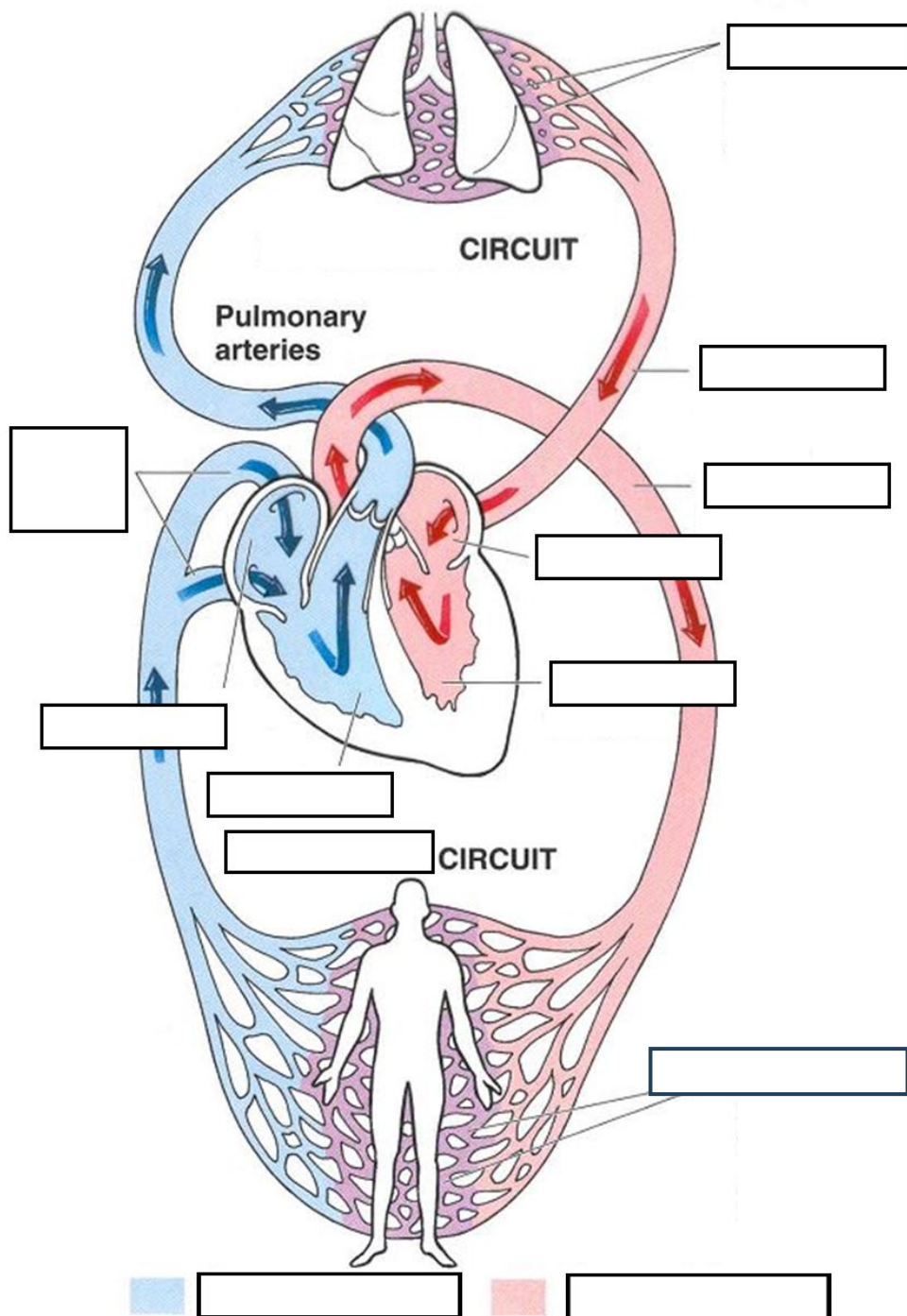


State the four main blood vessels which take blood in and out of the heart.	
Name the artery which carries deoxygenated blood away from the right ventricle to the lungs.	
Name the largest vein in the body	
In your own words, describe the role of the cardiovascular system.	
How does the cardiovascular system relate to fitness	

A1.8

Label the diagram:

P2



Deoxygenated Blood	Vena Cava	Pulmonary Vein	Lung Capillaries	Left Atrium
Body	Systemic	Oxygenated Blood	Right Atrium	Left Ventricle

Which part is missing?

Unit 5

Teamwork, Leadership and Communication

A1 Types of teams in a uniformed protective services context

What Makes a Team?



Online Research



[Career Development](#) > What Makes a Team Successful (With Tips and Examples)

What Makes a Team Successful (With Tips and Examples)

Written by [Indeed Editorial Team](#)

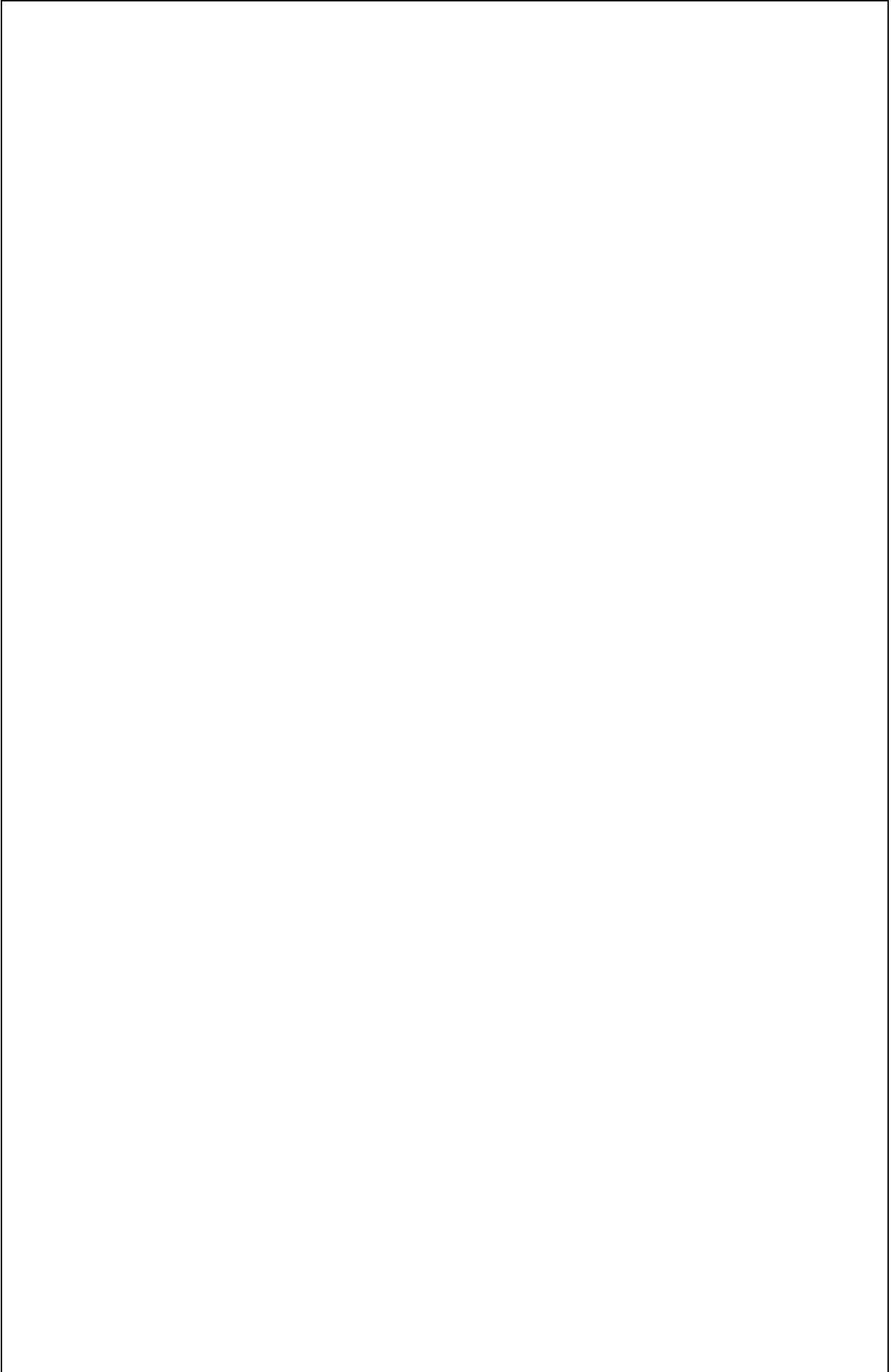
Updated June 9, 2025

[What Makes a Team Successful \(With Tips and Examples\) | Indeed.com Canada](#)

A1.1

What is your definition of a 'Team' and how many members do you think successful teams need to have and why?

P1

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Types of Team

Police



Online Research



Dog Section

The West Yorkshire Police Dog Section is based at our Operations Headquarters at Wakefield. The department has 34 members of staff broken down into training staff, operational dog handlers, kennel staff and a small team that deal with Dangerous and Anti-Social dog issues.

Our facilities include training areas and kennels. Our four legged colleagues are split between General Purpose Dogs and Specialist Support.

General Purpose dogs are typically German Shepherds and Malinois.

They are trained to perform a multitude of tasks which includes tracking, searching for persons and property and criminal work.



[Dog Section | West Yorkshire Police](#)

There are many types of teams in the different UK Uniformed Protective Services

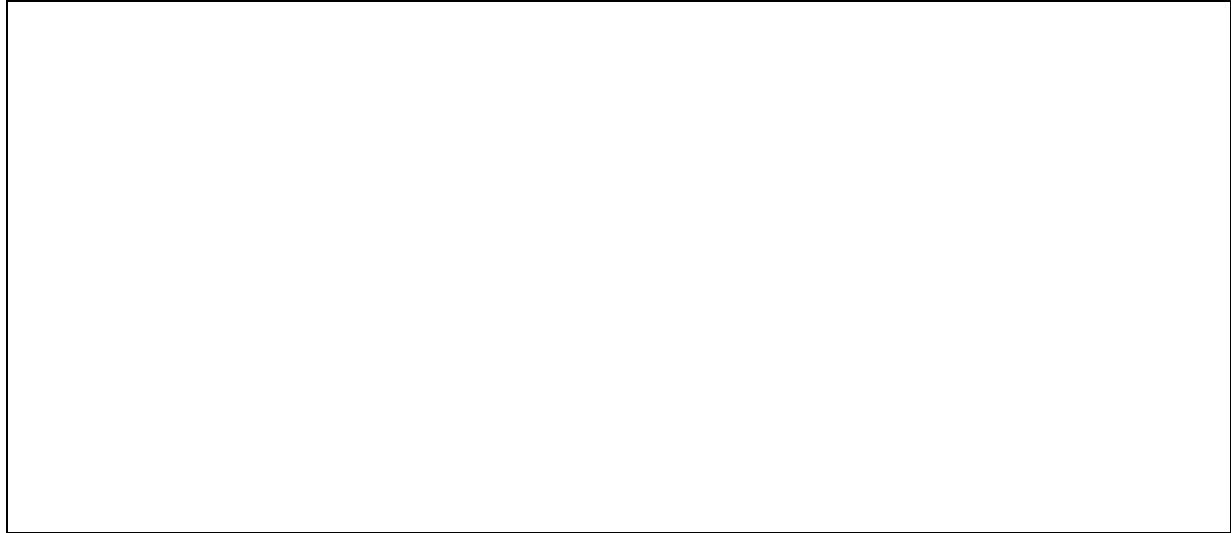
A1.2

Police Service – list and describe the roles of 4 different teams such as the ‘Dog Section’

P1

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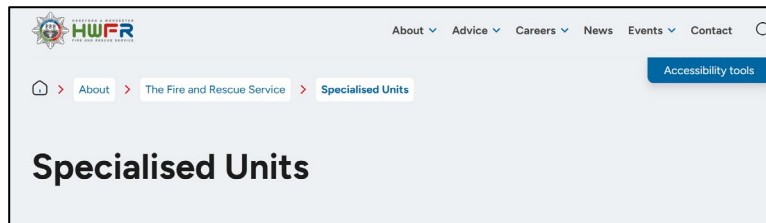
UNIFORMED PROTECTIVE SERVICES (UPS)



Fire and Rescue Service (FARS)



Online Research

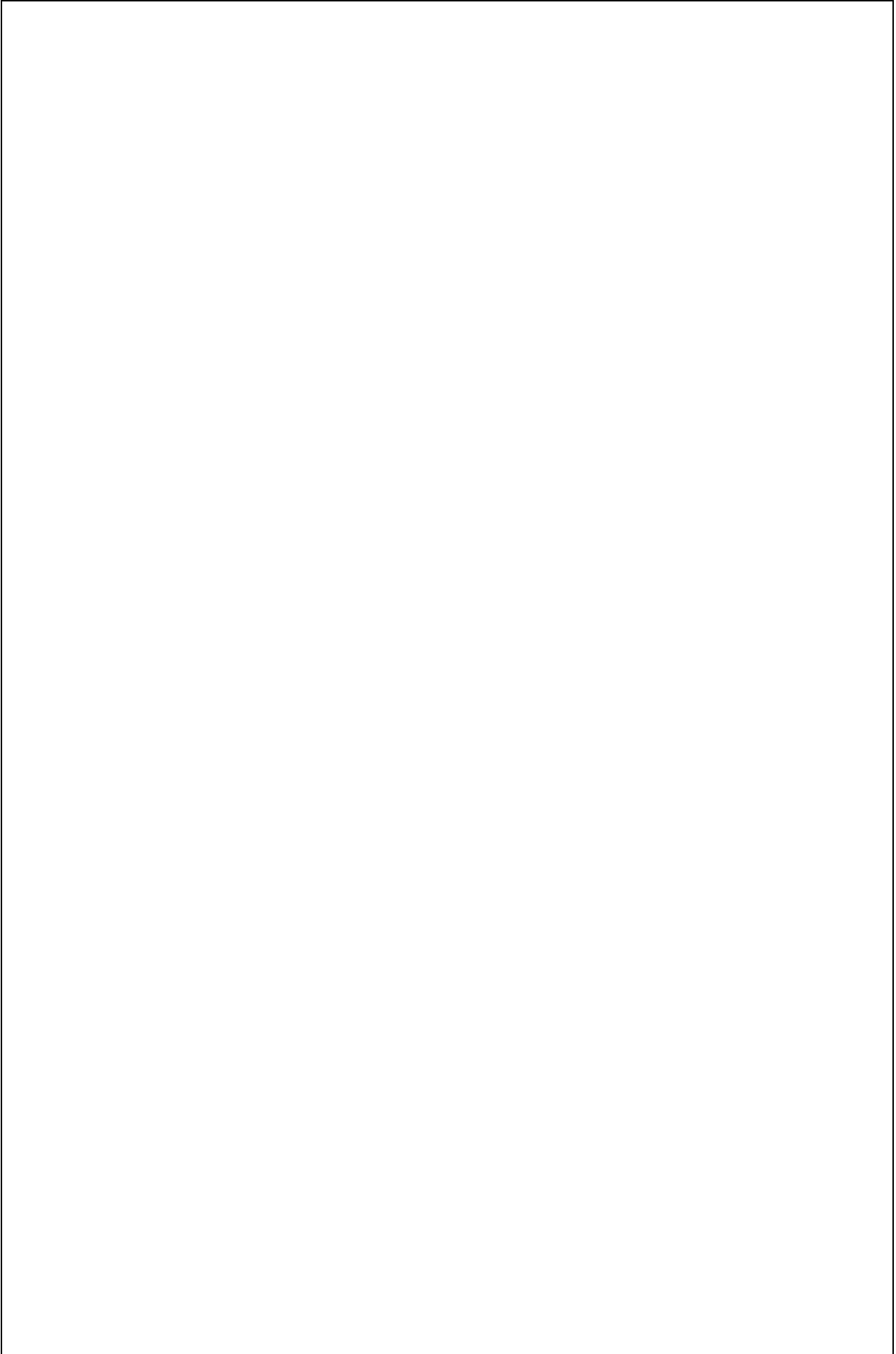


[Specialised Units | Hereford & Worcester Fire and Rescue Service](#)

A1.3

Fire Service – list and describe the roles of 4 different teams such as the 'Urban Search and Rescue (USAR)'

P1

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Ambulance Service



Online Research



NHS
London Ambulance Service
NHS Trust

[Hazardous area response team - London Ambulance Service NHS Trust](https://www.londonambulance.nhs.uk/calling-us/who-will-treat-you/hazardous-area-response-team/)

A1.4

Ambulance Service – list and describe the roles of 4 different teams such as the 'Hazardous Area Response Team – HART'

P1

<https://www.londonambulance.nhs.uk/calling-us/who-will-treat-you/hazardous-area-response-team/>

British Army



Online Research



COMBAT AVIATION

ARMY AIR CORPS

The Army Air Corps (AAC) is the combat aviation arm of the British Army. Recognisable by their distinctive blue berets, AAC soldiers deliver firepower from Apache Attack and Wildcat Battlefield Reconnaissance helicopters to seek out, overwhelm and defeat enemy forces.

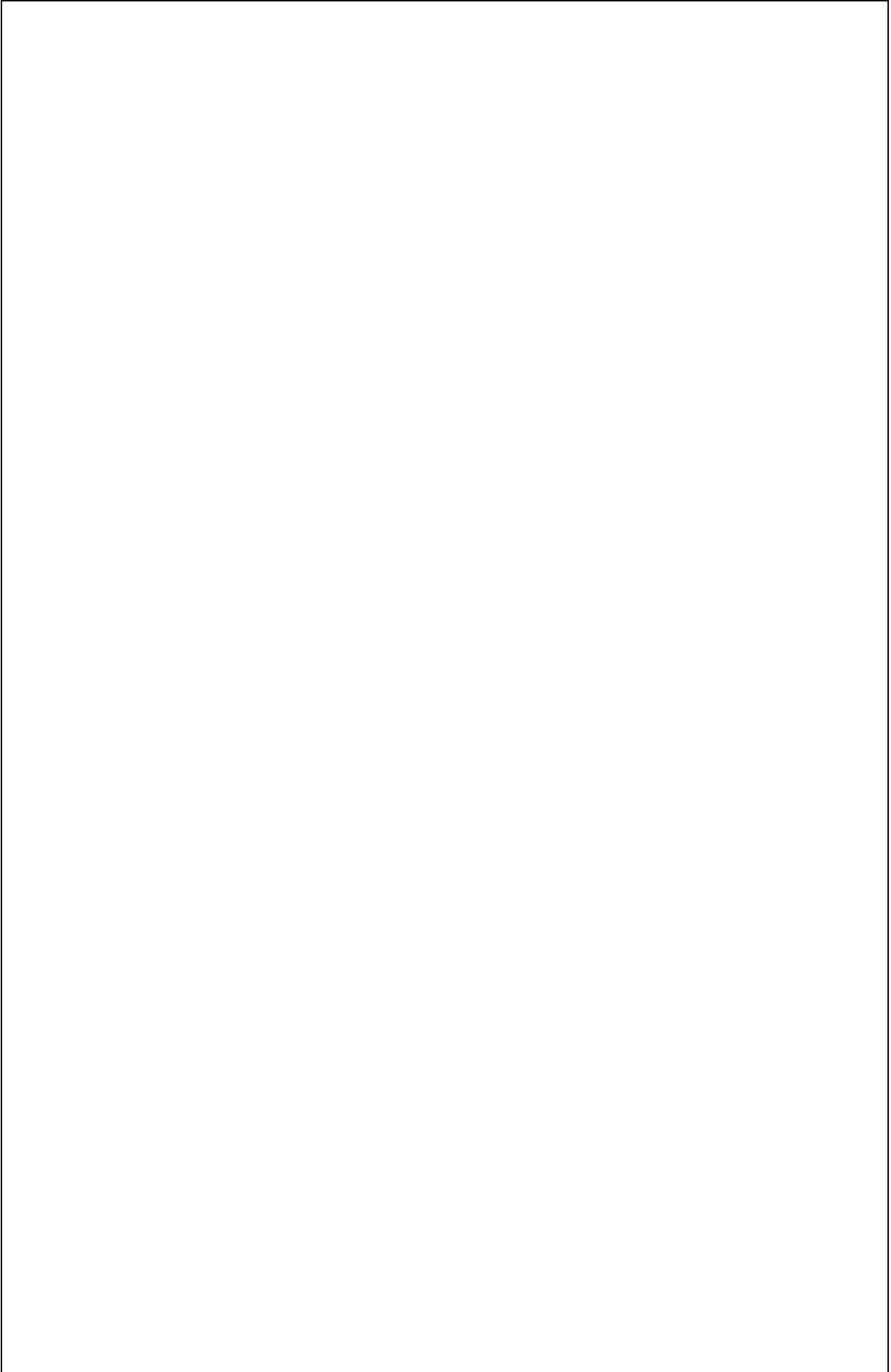


[Army Air Corps | The British Army](#)

A1.5

UK Armed Forces (Army, Navy or RAF) – list and describe the roles of 4 different teams such as the 'Army Air Corps'

P1

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A3 Leadership Styles

As you have found out, there are many different types of teams in the UPS. Effective leadership is essential in leading these teams effectively. The different ways of leading teams are called **LEADERSHIP STYLES**.



Online Research



What Is Autocratic Leadership?

Characteristics, Strengths, and Weaknesses of Autocratic Leadership

By [Kendra Cherry, MEd](#) | Updated on June 27, 2023

✓ Reviewed by [David Susman, PhD](#)

[Autocratic Leadership: Characteristics, Pros, Cons, and Tips](#)

A3.1

Authoritarian or Autocratic Leadership – Research this leadership style used in the UPS and explain what it is and what situations it is best used in and also describe some of the advantages / disadvantages:

P2

A large, empty rectangular box with a thin black border, occupying the majority of the page. It is intended for a drawing or written response related to the Uniformed Protective Services (UPS) topic.