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Bradford

## BTEC Extended Diploma in Protective Services



**Summer Independent Learning – Y11 - Y12**

## SIL Year 11 – Year 12

### BTEC Extended Diploma in Protective Services

This work is linked to **Unit 2 Behaviour and Discipline in the Uniformed Protective Services** and **Unit 4 Physical Health and Wellbeing** which you will study in Year 12.

#### **Part 1 - Physical Health and Wellbeing**

Within this task you will cover what level of fitness is needed for each of the services and what type of lifestyle would help your ambitions to join a certain service.

#### **What you are being asked to do:**

In a Poster format (**3 x A4 posters on Microsoft Word**), select 3 services from the following:

British Army

Prison Service

Royal Navy

Fire Service



1. **Begin each poster with a paragraph** explaining why fitness is important in that service with examples of some of the physical aspects of the roles they carry out.
2. **Describe** the fitness requirements and tests for the 3 different services.
3. **Explain** how each element of the test is carried out.
4. Also **describe your current levels of fitness**, what physical activities you take part in, how often....

Include images where relevant and use size 12 font for your text.

**Describe** - Give a clear description that includes all the relevant features - think of it as 'painting a picture with words'

**Explain** - Set out in detail the meaning of something, with reasons. More difficult than describe or list, so it can help to give an example to show what you mean. Start by introducing the topic then give the 'how' or 'why'

## Part 2 – Behaviour and Discipline in the Uniformed Protective Services

Within this unit you will study the types of leadership, teamwork and self-discipline required to be an effective member in a protective service. The first required piece of knowledge are the various qualities and activities of **self-discipline** that are essential in the services. You are required to research and **write a report** (4 sides of A4, size 12 font).

1. **Begin with an introduction** on what self-discipline is and why it is important in the protective services.....
2. **Describe** each of the **qualities/activities** below (use a sub heading for each one) and use examples in the protective services:

**Drill** - standing to attention, marching, saluting...

**Personal appearance** - wearing uniforms, looking smart and professional...

**Punctuality** - being on time...

**Attendance** - not being absent for duty...

**Personal conduct / behaviour** - on or off duty...

**Time management** - meeting deadlines...

**Composure** - keeping calm in challenging and dangerous situations...

3. **Conclusion** – explain your current levels of self-discipline and make comparisons to the levels required in the services



To complete both tasks use the Internet to conduct your research and in particular use the different uniformed protective services websites.

**A reminder that your completed work needs to be handed in on the first day of term.**