

Summer Independent Learning Y11 - Y12 UPS

Subject/Group	BTEC Diploma in Uniformed Protective Services
Unit	Unit 2 (Examined unit) - Behavior and Discipline in the UPS Unit 4 (Coursework unit) – Physical Preparation
Timescale	Summer 2025
To be completed by	SIL needs to be completed and submitted as a hard copy or on the teams portal by the first lesson.

Unit 2 – Exam Section

Summary of assessment for Unit 2

This unit is assessed through a written examination set by Pearson.

The examination will be two hours.

The number of marks for the examination is 80.

You will sit the exam on Wednesday 20th May 2026 (am)

Psychological Perspectives

What is Psychology? – provide a definition.

The main psychological perspectives you will look at in Unit 2 Learning Aim A – Factors affecting behaviour are:

- **Behaviourist**
- **Psychodynamic**
- **Humanistic**
- **Cognitive**



Behaviourism

Behaviourism perspective is a theoretical perspective in Psychology that emphasises the role of learning and observable behaviours in understanding human and animal actions. The perspective focuses on **Classical Conditioning** and **Operant Conditioning**. The types of conditioning have different explanations but are similar in the sense that there is a 'stimuli' and a 'response' behaviour.

Provide a definition below:

Stimuli	
Response	

Task - Watch the following YouTube clip and use the website link below to gain an understanding of Classical Conditioning and Operant Conditioning:

How to Train a Brain: Crash Course Psychology #11

https://www.youtube.com/watch?v=qG2SwE_6uVM

Understanding Classical vs Operant Conditioning

<https://www.psypost.org/understanding-classical-vs-operant-conditioning/>

Classical Conditioning

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Operant Conditioning

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Psychodynamic

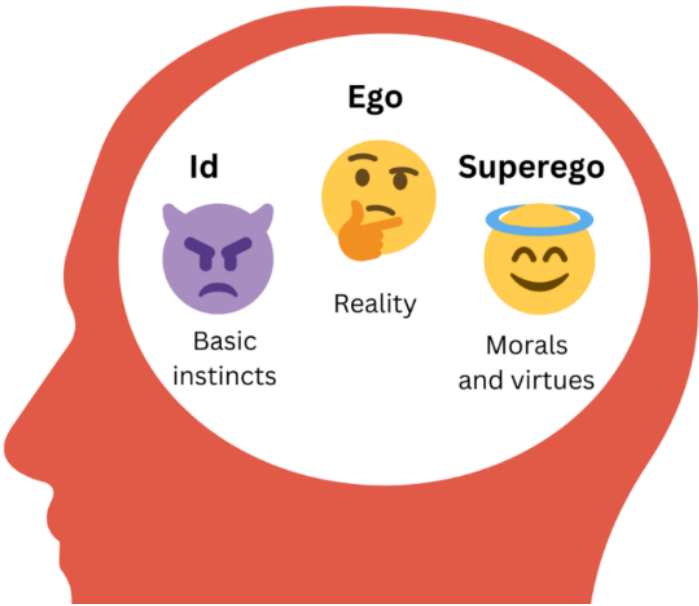
The Psychodynamic perspective emphasises the influence of the unconscious mind, early childhood experiences, interpersonal relationships in shaping behaviour, personality and mental health.

The key concepts of the Psychodynamic perspective include the iceberg analogy:

Task – research and label:



According to Sigmund Freud’s model of the psyche posits three interacting systems, explain each:



ID	
Ego	
Superego	

Cognitive

The cognitive approach in Psychology studies mental processes – such as how we perceive, think, remember, learn, make decisions and solve problems.

Watch the video clip below: **Cognitive Psychology | 10 Key Concepts Explained**

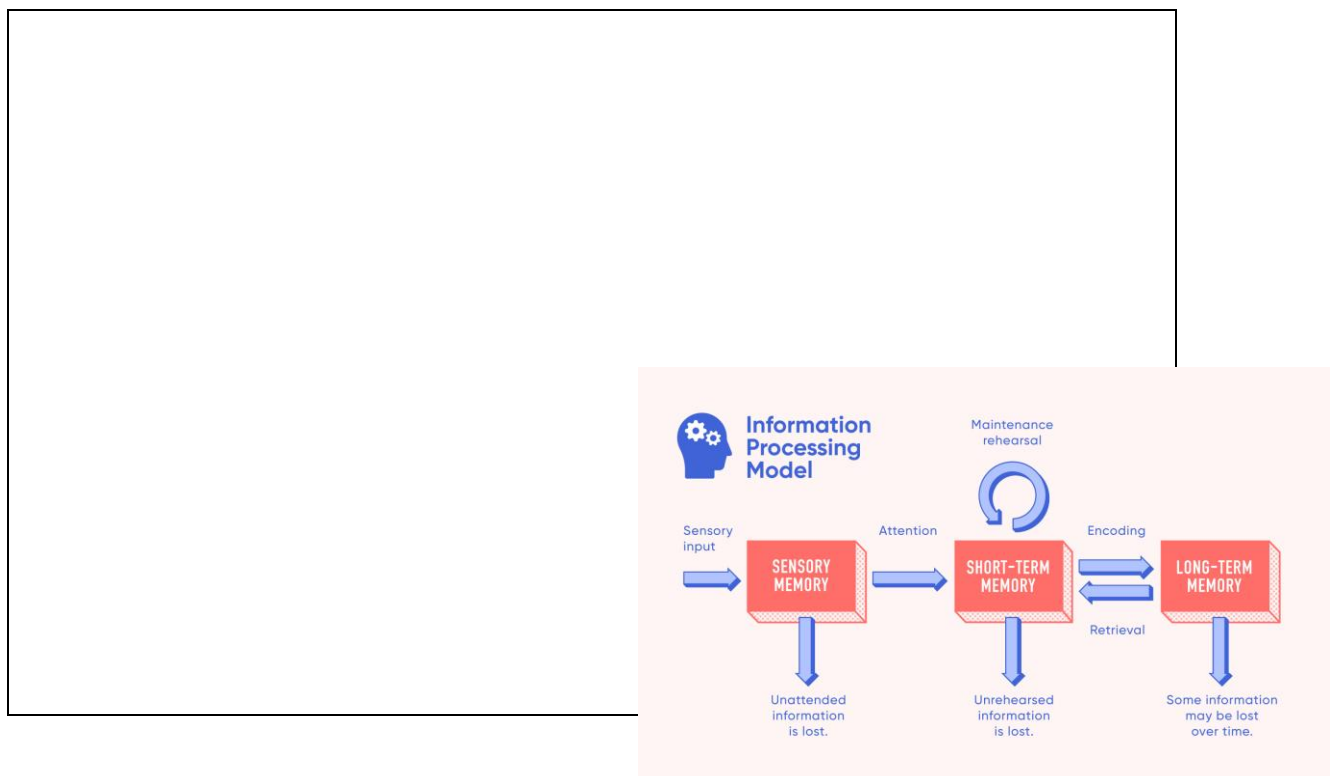
<https://www.youtube.com/watch?v=wJJ4O5WJTRU>

Task – identify 4 of the different concepts and suggest why they are important to have.

- 1.
- 2.
- 3.
- 4.


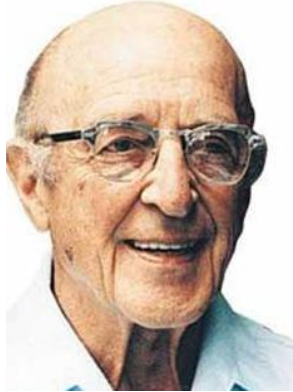
The information processing model of memory consists of a series of stages/boxes that represent stages of processing.

Task – explain the image below. Use further resources and research if needed.



Humanistic

Explain the work of the two humanism theorists.

Abraham Maslow	Carl Rogers
	

Application to the Uniformed Protective Services

Application to Uniformed Protective Service

The uniformed protective services are defined as armed services, police, fire and rescue service and custodial services. A large amount of the Unit 2 examination is scenario based on a Uniformed Protective Service.

Task - Choose a uniformed protective service and apply each psychological perspective to the service you have chosen:

Behaviourism	
Psychodynamic	
Cognitive	
Humanistic	

Social Learning Theory with Research

During the examined unit you will also look at various research that applies to a theory or particular topic area. For example, you will look at 'Social Learning Theory' with Bandura's Bobo Doll research.

Summary - Social Learning Theory was developed in the 1960s and explains how people learn new behaviours, values and attitudes by observing and imitating others. We observe the actions of others and our role models and the consequences of those actions (also known as vicarious reinforcement). We will then reproduce and imitate that behaviour especially if the model is someone we admire or similar to ourselves. This is also influenced by reward and punishment – if who we observe is rewarded for their behaviour we are more likely to imitate it, if who we observe is punished then we are less likely to imitate the behaviour.

When we focus on research, we split this into four sections – Aim, Procedure, Results and Conclusion.

Task – create a 1 page resource of your choice (mind map, poster, information leaflet, Cornell notes) on Bandura's Bobo Doll research. You must include:

- Aim
- Procedure
- Results
- Conclusion

Use the links below to support your understanding:

Reading - Bandura's Bobo Doll experiment on Social Learning -

<https://www.simplypsychology.org/bobo-doll.html>

YouTube - Bandura's Bobo Doll Experiment -

<https://www.youtube.com/watch?v=dmBqwWljg8U>



Albert Bandura

Unit 4 – Physical Preparation – Section

Understanding Components of Fitness

Task 1: What do you know?

Instructions: Complete the table below. Define each component of fitness, give 1 sport where it is important, and describe how it's used in that sport.

Component of Fitness	Definition	Sport Example	Explanation of Use in Sport
Cardiovascular Endurance			
Muscular Strength			
Muscular Endurance			
Flexibility			
Speed			
Power			
Agility			
Balance			
Reaction Time			
Coordination			

Task 2: Explain It

Instructions: In your own words, explain how the physical and skill-related components of fitness contribute to performance in any TWO sports of your choice.

- Sport 1:

- Physical & skill-related components used:

- How they contribute to performance:

Sport 2:

- Physical & skill-related components used:

- How they contribute to performance

Training Methods & Effects on the Body

Task 3: Match-Up

Instructions: Match the training method to the component of fitness it best develops.

Fartlek Training	a) Flexibility
Circuit Training	b) Strength
Static Stretching	c) Cardiovascular Endurance
Plyometric Training	d) Power
Resistance Training	e) Muscular Endurance
Interval Training	f) Speed

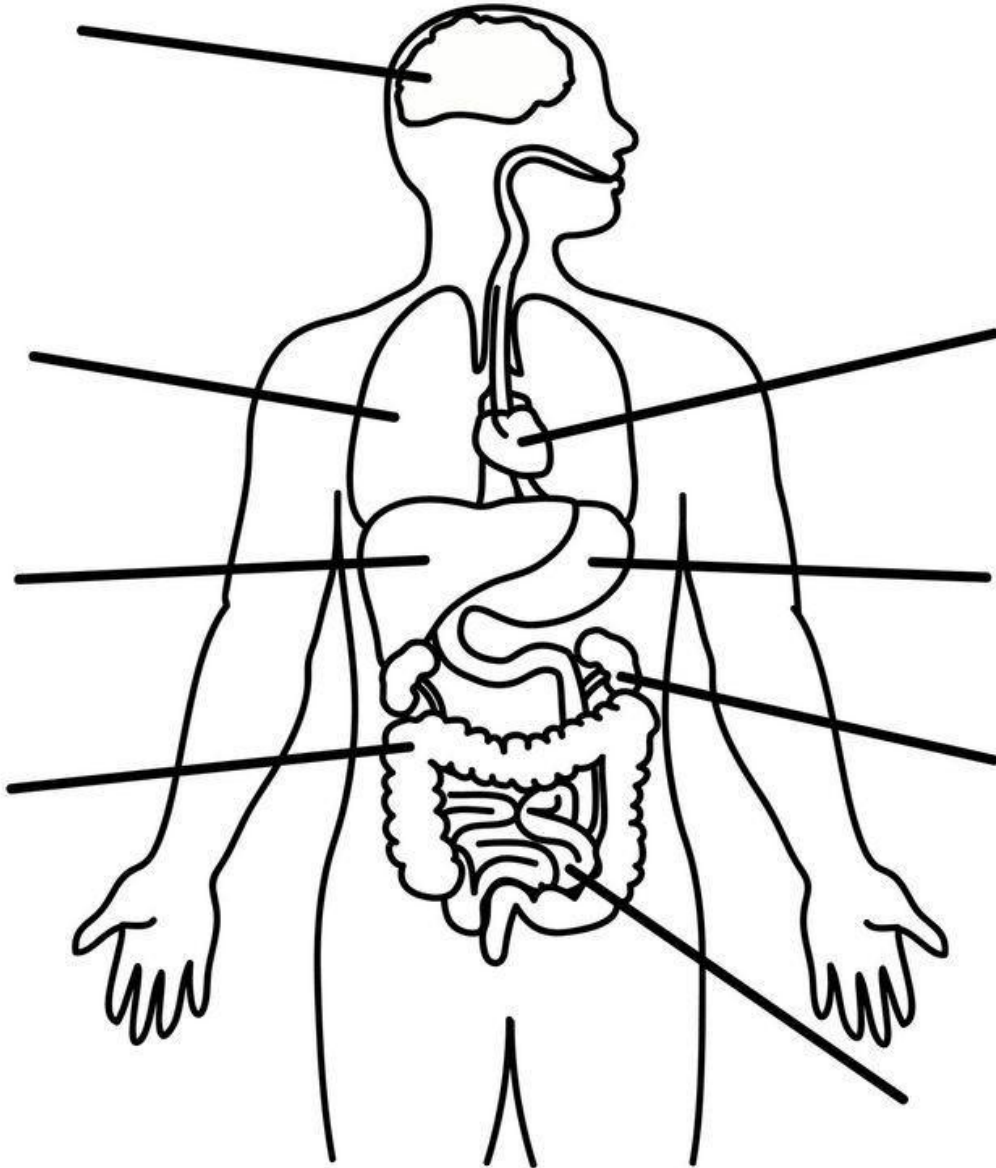
Task 4: Effects on the Body

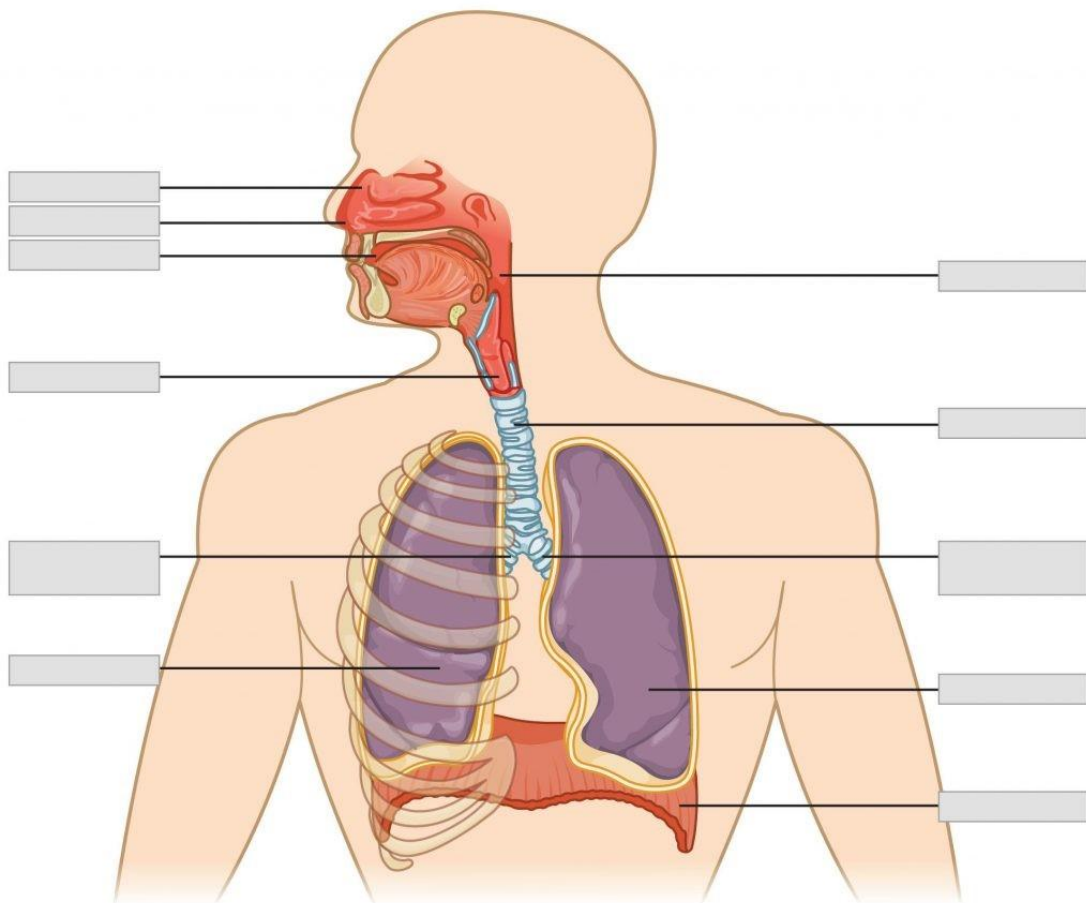
Instructions: Complete the following chart, linking training methods to their effects on the body systems.

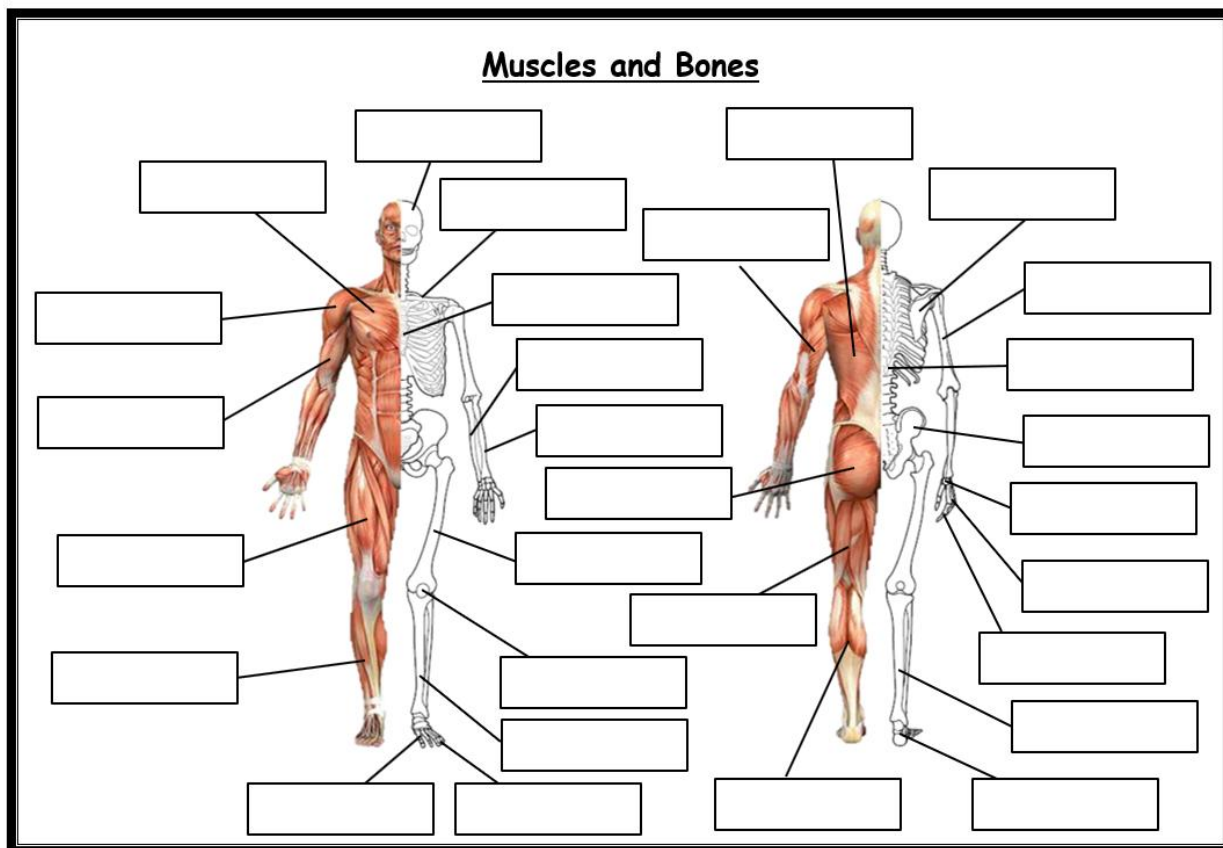
Training Method	Body Systems Affected	Short-term Effect on the body	Long-term Adaptation in the body
Resistance Training			
Continuous Training			
Plyometric Training			
Interval Training			

Task 5: Label the Body

Instructions: Draw a simple outline of the human body. Label key areas that improve through different training methods (e.g., lungs, heart, muscles, joints). Use colors to show different systems (muscular, cardiovascular, respiratory).







Applying, Evaluating, and Assessing Training Methods

Task 6: Sports Analysis

Instructions: Choose 3 different sports (e.g., football, swimming, gymnastics). For each one:

- Identify the key components of fitness needed.
- Identify the most effective training method for each.
- Justify your choice.

Sport	Components of Fitness	Training Method	Justification (Why it's most effective)