

SPORT & PHYSICAL ACTIVITY Cambridge Technical

Qualification Cambridge Technicals Level 3 Extended Certificate in Sport & Physical Activity

Exam Board OCR

Course Specific Entry Requirements Grade 4 or above in GCSE PE **or** Merit or above in Level 2 BTEC Sport **and** an interest in, and history of, participating in sport or outdoor adventure, both in and out of College

Overview

This course is the perfect applied alternative to an A Level in Physical Education. It is recognised by employers and universities alike. You will apply your practical skills and knowledge in preparation for further study or the workplace. Designed in collaboration with experts spanning the breadth of the sector, the Cambridge Technicals in Sport and Physical Activity focuses on the skills, knowledge and understanding that today's universities and employers demand.

What will I learn?

During the two year course, you will study three mandatory units and two optional units:

- ▲ **Body Systems and the Effects of Physical Activity:** you will learn about the five key body systems and how they are affected by exercise. You will be assessed via a 90 minute written exam made up of multiple choice, short answer or long answer questions.
- ▲ **Sports Coaching and Leadership:** an internally assessed unit. You will develop your own communication, planning, organisation and coaching skills through theoretical study and practical application of these skills. You will be expected to take responsibility for leading coaching sessions with younger students.
- ▲ **Sports Organisation and Development:** assessed via a 60 minute written exam made up of short or long answer questions that will test your knowledge of the way in which sport is organised within the UK.
- ▲ **Sports Injuries and Rehabilitation:** internally assessed coursework that tests your application of designing exercise rehabilitation programmes for injured athletes.
- ▲ **Practical Skills in Sport and Physical Activities:** you will be internally assessed on your practical abilities in activities of your choosing.

How will I learn?

The course involves a significant amount of practical activity. You should be regularly taking part in sport, in and out of College, if you are to succeed on this challenging course. You will be expected to take full part in practical lessons. There are many opportunities to work independently, completing background reading, research or recording findings. We expect that you will word-process all written assignments, and so successful students will quickly take control of their time-management and independent learning, to allow them to meet deadlines.

Where could it lead?

The subject specific skills and knowledge that will be developed on this course will lead to further study on sports and coaching qualifications at university. Job opportunities that this course can lead to include PE teaching, leisure management, fitness instructing, sports development and physiotherapy. You will also develop transferable skills on the course that will be an asset to you in management and leadership positions.