

# Sport & Physical Activity

## Level 3 OCR Cambridge Technical Extended Certificate

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### Entry Qualifications

In addition to the standard College entry requirements (see below) this course usually requires students to have achieved grade 4 or above in GCSE Combined Science and either grade 4 or above in GCSE PE or Merit or above in Level 2 Sport. Leadership/coaching experience is preferable.

### What will I study?

The OCR Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity provides an introduction to the sector for learners looking to build a career in sport, within one of its occupational areas. These areas include careers in exercise and fitness, coaching, leadership and sports development.

This course provides a more practical, real-world approach to learning alongside a theoretical background, giving learners the knowledge, understanding and skills that they need to prepare for employment. You will study 6 units over the 2 years which includes:

Unit 1 Body Systems (externally assessed exam unit)

Unit 2 Sports Coaching and Leadership (internally assessed assignment unit)

Unit 3 Sports organisation and development (externally assessed exam unit)

Unit 11 Physical activity for specific groups (internally assessed assignment unit)

Unit 12 Nutrition & Diet for Sport & exercise (internally assessed assignment unit)

Unit 17 Sports Injuries activities (internally assessed assignment unit)

The employer-endorsed course content is up to date and relevant, reflecting the blend of knowledge, practical skills, communication and team-working skills needed to progress to further study or employment in the sector and beyond.

### How will I study?

The course will emphasise learning through the practical application of knowledge, understanding and skills to relevant work-related tasks, problems and contexts. Your timetable will include a mixture of both theory and practical lessons.

### How is the course examined?

Students will be awarded Pass, Merit or Distinction grades and UCAS points are comparable to A Levels. Two units will be assessed by external examination. The remaining units will be assessed by internal coursework assignments. You will be assessed through a variety of methods including written assignments based on vocational scenarios, presentations, role play, case studies and practical demonstrations of leadership and performance.

### Where next?

The course aims to make learners more employable. You may choose to go directly into employment within the Sports Development, Coaching and Fitness Industry or onto study a variety of Higher Education courses at university

### What does the course combine well with?

The course combines particularly well with Biology, Psychology and Sociology but students often combine this course with a wide variety of other level 3 study areas.

### Equivalents

This qualification is equivalent to one A level and has comparable UCAS points.

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### College Entry Requirements

A minimum of five GCSEs, or equivalent, at grade A\* - C or 4 – 9, including English Language.

