

Sport & Physical Activity

Level 3 OCR Cambridge Technical Extended Diploma

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 Diploma 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 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 4 Working safely in sport, exercise, health and leisure (externally assessed exam unit)

Unit 5 Performance analysis in sport and exercise (internally assessed assignment unit)

Unit 7 Improving fitness for sport and physical activity (internally assessed assignment unit)

Unit 8 Organisation of sports events (internally assessed assignment units)

Unit 11 Physical activity for specific groups (internally assessed assignment unit) Unit 12 Nutrition and diet for sport and exercise (internally assessed assignment unit)

Unit 13 Health and fitness testing for sport and exercise (internally assessed assignment unit)

Unit 14 Working in active leisure facilities (internally assessed assignment unit)

Unit 17 Sports Injuries activities (internally assessed assignment unit)

Unit 18 Practical Skills in sport and Physical activities (internally assessed assignment unit)

Unit 19 Sport and exercise psychology (internally

assessed assignment unit)

Unit 21 The business of sport (Externally assessed exam unit)

Unit 10 Biomechanics and movement analysis (internally assessed assignment unit)

Unit 13 health and fitness testing for sport and exercise (internally assessed assignment unit)

Unit 20 Sport and exercise sociology (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. Four 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 three A levels and has comparable UCAS points.

College Entry Requirements

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

