

Sport (Level 3 Cambridge Technical)

Programme of Study: Cambridge Technical in Sport & Physical Activity Level 3 The Cambridge Technical is a vocational qualification at Level 3 for students which is designed with the workplace in mind and to provide a high-quality alternative to A Levels.

Extended Certificate (360 Credits):

Units covered over the two years:

Unit 1: Body Systems and the effects of Physical Activity.
Unit 2: Sports Coaching & Activity Leadership
Unit 3: Sports Organisation and Development
Unit 5: Performance Analysis in Sport & Exercise
Unit 19: Sport & Exercise Psychology

Diploma (720 Credits):

Units covered over the two years:

Unit 1: Body Systems and the effects of Physical Activity.
Unit 2: Sports Coaching & Activity Leadership
Unit 3: Sports Organisation and Development
Unit 4: Working safely in sport, exercise, health & leisure.
Unit 5: Performance Analysis in Sport & Exercise
Unit 8: Organisation of Sports Events
Unit 11: Physical activity for groups
Unit 13: Health and Fitness testing for Sport and Exercise
Unit 17: Sports Injuries and rehabilitation
Unit 18: Practical Skills in Sport and Physical Activities
Unit 19: Sport & Exercise Psychology

Assessment:

The units below are assessed in the following way:

Unit 1, 3 and 4: Exam Assessed

Unit 2,13, and 18: Coursework/Practically Assessed

Unit 5, 8, 13, 17,18 and 19: Coursework Assessed

The course is assessed in two ways:

Externally assessed: OCR will provide the exam papers and mark.

Internally assessed: Teachers will assess learners either by coursework or witness statements which is then moderated by the exam board; OCR.

Entry Requirements:

- Students should have completed a Sports Course at GCSE level and achieved a G4 or equivalent.
- Having significant sporting experience outside of education.
- Students should have achieved 32 points plus from their 8 best GCSEs, including 4+ in English and Maths.

Recommended Reading:

Clegg, C. Exercise Physiology And Functional Anatomy

Hylton, K, (2013), Sport Development, Routledge

Subject Enrichment:

- Sixth Form Football & Netball
- Opportunity to gain a First Aid Qualification
- Leadership opportunities in School and local Primary Schools
- Support with PE House Competitions

Higher Education and Career Pathways

The Cambridge Technical Level 3 qualification provides you with an excellent base for a University degree within sport and exercise leading to career opportunities in the following areas: Sports Science, Coaching/Personal Training, Physiotherapy, Sports Marketing, Performance Analysis

Complimentary Subjects: Biology, Psychology and Business