

# Sport & Physical Activity



## Cambridge Technical Level 3 Diploma

### Entry Requirements

Level 2 Merit **or** grade 5 in a KS4 PE/Sport qualification **and**  
Grade 4 in GCSE English Language **or** GCSE English Literature

### Course Overview

Students study an exciting and wide range of topics to improve theoretical knowledge and understanding, underpinning skills required in the sports industry.

Students will develop professional, personal and social skills through interaction with both peers and industry visitors in topics such as coaching, anatomy, sports injury and performance analysis.

The course supports the key skills required by both universities and employers such as communication, problem solving, time management, research and analytical skills.

### Exam Information

Duration: 2 years

Exam Board: OCR

Contact: Mr D Ward

There is an option to study either a single Sport (1 option block) or double Sport (2 option block) qualification. The exam content is dependent on the qualification chosen:

#### OCR Level 3 Technical Extended Certificate in Sport

(One A-Level equivalent)

##### Year 1

Unit 1 - Body systems and the effects of physical activity (Exam)

Unit 2 - Sports coaching and activity leadership (Coursework)

Unit 3 - Sports organisation and development (Exam)

##### Year 2

Unit 13 - Health and fitness testing for sport (Coursework)

Unit 17 - Sports injuries and rehabilitation (Coursework)

#### OCR Level 3 Technical Diploma in Sport

(Two A-Level equivalent)

*You will study the units to the left, plus:*

Unit 18 - Practical skills in sport (Coursework)

Unit 19 - Sport and exercise psychology (Coursework)

Unit 8 - Organisation of sports events (Coursework)

Unit 4 - Working safely in sport, exercise and health (Exam)

Unit 11 - Physical activity for specific groups (Coursework)

Unit 5 - Performance analysis in sport (Coursework)

Each unit will be assessed individually. For coursework unit's students produce an assignment as evidence.

Assignments and exam results are submitted towards a final grade of Pass (E), Merit (C), Distinction (A) or Distinction Star (A\*).

### Qualification Gained

Dependent on the size of chosen the qualifications  
(one option block or 2):

#### OCR Level 3 Technical Extended Certificate in Sport

(One A Level equivalent studied over 2 years in one option block) **or**

**OCR Level 3 Technical Diploma in Sport** (Two A Level equivalent studied over 2 years in a double option block)

### Career Opportunities

Students studying the Level 3 Technical in Sport & Physical Activity can progress to careers in: Personal Fitness Trainer, PE Teaching, Sports and Leisure management, Sports Physiotherapy, Sports Coaching, Sports Analysis, Sports administration, Outdoor education, Police or armed forces.

The subject also develops many of the key skills deemed desirable by Universities.

"I love the fact that we study a wide range of topics. All of them are different but interesting in their own right. We have had opportunity to experience so many different skills within actual sports industry scenarios. This will be really useful for university or if I want to go to into a job in sport." Year 12 student