

# SPORT & PHYSICAL ACTIVITY

## WHAT WILL I STUDY?

The **OCR Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity** introduces the sector for learners looking to build a career in sport. 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 18: Practical Skills in Sport & Physical Activity
- Unit 17: Sports Injuries & Rehabilitation (internally assessed assignment unit)
- A First Aid qualification will be delivered as part of the injury & illness unit of work

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.

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.

## RESOURCES NEEDED

Sport and PE kit, outdoor clothing  
Specialist equipment is provided

## SPECIALIST FACILITIES

- 5 Badminton court Sports Hall
- Fully sprung floored aesthetics suite
- Fitness suite
- 2 outside netball courts
- 2 full sized grass pitches
- Swimming Pool
- Mini Basketball Courts

## ASSESSMENT

Two units will be assessed by external examination. The remaining units will be assessed by internal assignments.

You will be assessed through a variety of methods including written assignments based on vocational scenarios, presentations, case studies and practical demonstrations of leadership and performance.

## HOURS OF STUDY (FORTNIGHTLY)

9 hours of lesson time  
6 hours independent learning

## CAREER OPPORTUNITIES

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.

### Additional Opportunities

As part of the course we will be asking students to attend a 1 week residential in Bude where we will be working towards the completion of a unit of work.

Students will be offered the level 3 Sports Leadership qualification at a discounted rate which offers an additional A Level credit value for university



## ENTRY REQUIREMENTS

Five GCSEs, or equivalent, grade 4 or above are required for entry into Sixth Form to study Level 3 BTEC courses.

Grade 4 GCSE or above is required in your chosen, or related subject.