



OCR Sport & Physical Activity Level 3: Cambridge Technical

PROGRAMME AIM: OCR Cambridge Technical Sport & Physical Activity is a vocational course that provides underpinning knowledge of a wide range of key topics required for a future career in the sports and leisure industry.

The course will develop your academic and vocational ability by assessing you in a variety of methods that are relevant to your chosen subject of study or area of work.

ENTRY REQUIREMENTS / SUITABILITY:
GCSE Grades 5 - 8, including PE and Science.

Ability and confidence to lead groups in a variety of sporting activities.

Ability to work independently and with others.

Discussion with Mr Challenger or Mr Henderson

CONTENT:

Certificate (AS level):

- Body Systems & the Effect of Exercise (E)
- Sports Coaching & Leadership (I)

Extended Certificate (1 x A Level)

- Sports Organisation & Development (E)
- Sports Injury & Rehabilitation (I)
- SC - *Organisation of Sports Events (I)*
- PT - *Biomechanics (I)*

Foundation Diploma (A + AS Level)

- Working Safely in Sport (E)
- Physical Activity for Specific Groups (I)
- SC - *Practical Skills (I)*
- PT - *Group Exercise to Music (I)*

Diploma (2 x A Levels)

- Health & Fitness Testing (I)
- Sport & Exercise Psychology (I)
- SC - *Performance Analysis (I)*
- PT - *Improving Fitness for PA (I)*

LEADS TO:

University study
(undergraduate degree in Sport & Exercise Science) or to employment such as Gym Instructor / Personal Trainer, Leisure assistant, Grass roots sports coach

If you are interested in studying this subject as an AS/A2 qualification then please speak to the Subject Leader.

ASSESSED / EXAMINED:

Achievement on the course is tracked through a method of on going assessment. Each unit will have a variety of criteria to be achieved using several different assessment techniques, including external exams, essays, presentations, practical performance, research reports and scientific testing.

PATHWAYS:

Sports Coaching - All core units plus those with SC will give a specific sports coaching pathway qualification.

Personal Training - All core units plus those with PT will give a specific personal training pathway qualification.