



# 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

### ENTRY REQUIREMENTS / SUITABILITY:

# 4

### CONTENT:

#### Certificate:

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

#### Extended Certificate:

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

#### Foundation Diploma:

Working Safely in Sport (E)  
Physical Activity for Specific Groups (I)

### LEADS TO:

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

### 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.