



## Cambridge Technical Extended Certificate Sport and Physical Activity

### Who should take the course?

The Cambridge Technical Extended Certificate in Sport and Physical Education is the equivalent to one A-Level, with students receiving UCAS points relating to their final mark. Students should have a passion for sport and also an interest in the theory relating to sport. The course offers a wide range of units with practical and coursework based assessment opportunities, as well as examined units on the body systems and the long and short term impacts of sport and physical activity; how sport is organised and the purpose of sports development; health and safety requirements in sport and physical activity. Ideally those studying this course, should be looking at a pathway into a Sport or a related degree at University.

### What is the course about?

Level 3 Sport and physical activity Aims to:

- Give all students the opportunity to gain a new, nationally recognised qualification that can be used when applying either for future education or employment.
- Gain knowledge and real world experience in planning and leading a series of sport sessions to a group.
- Give the students opportunities to acquire a scientific understanding of how the body responds to Sport and Exercise in different scenarios.
- Provide students with the knowledge and experience of analysis sporting performance in order to improve.
- Give students the knowledge, skills and experience required to create, plan and lead a large scale sport event.

### Where can it lead?

Upon completion you will be able to start working in the sector or progress further in education including university level courses.

You could also study for your fitness instructor/personal trainer qualification part time at college whilst starting work.



**Head of Department**  
**Mr Brooks**

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**OCR**

Oxford Cambridge and RSA

**Exam Board**

### POSSIBLE CAREER OPTIONS

- Coaching
- Teaching and Instructing
- Instructing Physical Activity & Exercise
- Achieving Excellence in Sports
- Performance
- Leisure Management
- Sports Development
- Armed Forces
- Emergency Services,
- Performance Analyst





## Cambridge Technical Extended Certificate

### Sport and Physical Activity

#### Extended Certificate - Units Aim and Purpose

##### Unit 1: Body Systems (Exam Assessed)

In this unit, students will gain an understanding of the structures and functions of the key body systems. They will learn how they support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.

##### Unit 2: Sports Coaching (Coursework Assessed)

This unit will give students an understanding behind the theory of what makes a good sports coach / activity leader and methods that can be employed to improve the performance of sports participants. They will explore the roles and responsibilities of coaches and leaders and how these differ from each other and they will be involved in delivering and teaching sport and physical activity.

##### Unit 3: Sports Organisation and Development (Exam Assessed)

In this unit, students will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. They will also gain an understanding of sports development including the organisations involved, who sports development is targeted at, why sports development is carried out and how the success of sports development initiatives can be measured.

##### Unit 5: Performance Analysis (Coursework Assessed)

This unit will give students the skills and knowledge required to carry out performance profiling and analysis of their own or others performances, and deliver feedback to the performers in order to improve performance.

**OR**

##### Unit 18: Practical skills in sport and physical activities (Coursework Assessed)

This unit gives students the opportunity to participate in a number of different sport and OAA activities. Students will learn how to apply skills, tactics, techniques and knowledge in individual, team and OAA activities, which will allow them to participate effectively, safely and enjoyable.

##### Unit 8: Organisation of Sports Events (Coursework Assessed)

This unit gives students the opportunity to explore sports events in their entirety. Sports events will vary from size, impact and purpose but all involve sharing a passion and love of different sporting activities. Students will learn how to plan, promote and deliver a sports event, with a focus primarily on your individual contribution as well as working as part of a team. This unit will enhance your teamwork, communication and organisation skills, as well as developing your knowledge of safeguarding and sporting knowledge .



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#### Entry Requirements

- An interest in Sport and Physical Activity
- Grade 4+ at GCSE PE or L2P PE at CNAT in year 11
- For unit 18, students must be participating in at least 1 sport outside of school.

