

Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity

The Level 3 Cambridge Technical in Sport and Physical Activity from OCR will help you to **practically** apply your skills and knowledge in preparation for further study or the workplace.

Boasting a **100% Distinction* record**, this course has been designed as the perfect vocational alternative to A Level Physical Education, making sure they're prepared to progress to degree level, an apprenticeship or employment.

The specification includes the following topics:

Body Systems and the effect of physical activity

Sports coaching and activity leadership

Sports organisation and development

Performance analysis in sport and exercise

Organisation of Sports Events

Biomechanics and Movement Analysis

Physical Activity for Specific Groups

Nutrition and Diet for Sport and Exercise

Sports Injuries and Rehabilitation

Practical Skills in Sport and Physical Activities

Sport and Exercise Psychology

Sport and Exercise Sociology

Assessment

Unit 1 Body Systems and the Effects of Physical Activity is assessed by a 90 minute written exam made up of multiple, short or long answer questions.

Unit 2 Sports Coaching and Leadership is internally assessed through a centre-set assignment. Plus, we've developed external partnerships to enhance this unit, support your delivery, and make sure your students gain the right knowledge and skills required for coaching and leadership; see the Coaching, Leadership and Physical Education pathway for more details.

Unit 3 Sports Organisation and Development that's assessed by a 60 minute written exam made up of short or long answer questions.

Plus two other selected 'optional units', currently:

Unit 8 Organisation of Sports Events is internally assessed through a centre-set assignment

Unit 18 Practical Skills in Sports and Physical Activities is internally assessed through a centre-set assignment

Additional entry requirements:

Students will need a minimum of level 4 in GCSE PE and a keen interest in the participation and delivery of sport and exercise.