

# OCR Cambridge Technical Extended Certificate in Sport & Physical Activity

## Exam Board: OCR

### Subject Specific Criteria:

- **Grade 4 in English Language**
- **Grade 4 in GCSE Mathematics**
- **A Merit grade in OCR Sports Science/Studies or GCSE grade 5 in GCSE PE**
- **Evidence of involvement in sport or physical activity either in or outside of school**

### Assessment:

#### Compulsory Units

##### **Unit 1: Body Systems and the effects of physical activity**

90 guided learning hours

1 hour 30 minutes exam totalling 70 marks

##### **Unit 2: Sports Coaching and Leadership**

90 guided learning hours

School based assessed unit

##### **Unit 3: Sports Organisation and Development**

60 guided learning hours

1 hour written paper totalling 60 marks

##### **Unit 8: Organisation of Sports Events**

60 guided learning hours

School based assessed unit

##### **Unit 17: Sports Injuries and Rehabilitation**

60 guided learning hours

School based assessed unit

#### Optional Units

##### **Unit 11: Physical Activity for Specific Groups**

30 guided learning hours

School based assessed unit

##### **Unit 12: Nutrition & Diet for Sport & Exercise**

30 guided learning hours

School based assessed unit

### Skills Required:

- Interpretation of data and graphs
- Quantitative methods for planning, monitoring and evaluating physical training and performance
- Knowledge and use of definitions, equations, formulae and units of measurement
- Ability to plot, label and interpret graphs and diagrams.
- Knowledge of current events in sport and the ability to confidently analyse performance.

### Course Information:

Our Level 3 Cambridge Technical in Sport and Physical Activity qualification helps you to achieve your potential and progress to the next stage of your lives, whether that's higher education, an apprenticeship or employment.

The course has refreshing and exciting content that's up to date, engaging, fit for purpose and suitable for the needs of all students. Throughout the course you will gain the right combination of knowledge, understanding and skills required for the 21st century.

During the two years you will undertake a wide range of school assessed units with practical and wider project-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; the purpose of, and how to conduct research in sport and physical activity; and how businesses in sport are organised and what success looks like to them.

### Future Opportunities:

Supporting students with progression into the Sports & Leisure Industry through either work or apprenticeship pathways.

Supporting students with progression to Higher Education in subjects such as;

BA (Hons) Sport Business Management

BSc (Hons) Sports Coaching

BA (Hons) Physical Education

BSc (Hons) Sport and Exercise Science

BA (Hons) Sport Development

BSc (Hons) Sport, Exercise and Nutrition

### Subject Enrichment:

University visits

Coaching Qualifications

Outside sports industry speakers

Sporting Industry visit