

Course Information



Cambridge Technical in Sport & Physical Activity Level 3 OCR

Cambridge Technical are vocational qualifications at Level 2 and Level 3 for students aged 16+. They are designed with the workplace in mind and provide a high-quality alternative to A Levels, with a great range of subjects to choose from. They combine assessment with exam and coursework elements and this course has more coursework than 'A Level' PE. Students must pass both elements to gain the qualification.

Vocational education is not just about results, it's about educating people in the knowledge and skills required for employment and for the community as a whole. It's also about developing the behaviors and attributes needed to progress and succeed in education and in work. The course can be taken as one option and is worth the same as one A level .

The Course

Units in the Programme are selected by staff over two years and some are Mandatory and some are Optional. If taken for just one year, students complete one exam and one coursework unit and achieve the equivalent to one AS. In Year 13 one exam unit and one coursework unit is taken again and this is equal to one A level.

Level 3 Cambridge Technical Certificate in Sport and Physical Activity (just year 12 and worth one AS)

Unit no.	Unit title	How are they assessed?
1	Body systems and the effects of physical activity. In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity, and the effects that physical activity, training and lifestyle can have on them.	Exam
2	Sports coaching and activity leadership. This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of sports participants. The main part of the unit is related to you developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions, reflecting on your own practise and using this feedback to improve your performance as a sports coach or activity leader.	Internally set coursework

Unit no.	Unit title	How are they assessed?	Mandatory or optional
1	Body systems and the effects of physical activity	Exam	Mandatory
2	Sports coaching and activity leadership	Internally set coursework	Mandatory
3	Sports organisation and development	Exam Yr 13	Mandatory
5	Performance analysis in sport and exercise	Internally set coursework	Optional - Yr 13
18	Practical skills in sport and physical activities	Internally set coursework	Optional - Yr 13

Trips and the next step

During the course there will be a number of off site visits and trips to leisure centres and gyms as well an expectation to study the Community Leaders Award within enrichment. The course enables you to progress to a degree course or go into employment in a sports/performance related area, such as working as a coach and personal fitness training.

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The Community Leaders Award

This award is run by the Youth Sports Trust and is aimed at recognising those students who can lead young people. It assesses a student's ability to lead, motivate and organise their peers and younger students which are skills suitable for every job in the world of work.

It is followed during one lesson a week and must be studied if students pick A Level PE or BTEC Sport. It is also offered to other A Level Students but is not an A Level as it only takes one lesson a week. It is an extra qualification to give students an edge in applying to University or employment.

