

SPORT & PHYSICAL ACTIVITY

EXAM BOARD: OCR



WHAT WILL I STUDY?

The Level 3 Cambridge Technical Extended Diploma in Sport is based around units in Coaching, Leadership and Physical Education.

Students will complete 16 units covering everything for anatomy and physiology to sports psychology.

The Coaching, Leadership and Physical Education pathway has been developed in collaboration with Sports Leaders UK and Sports Coach UK.

1. Body Systems
2. Sports Coaching
3. Sports Organisation
4. Working Safely in Sport
5. Performance Analysis
6. Improving Fitness
7. Organisation of Sports Events
8. Research Methods in Sport
9. Physical Activity for Specific Groups
10. Sports Nutrition
11. Fitness Testing
12. Working in Active Leisure Facilities
13. Sports Injuries
14. Practical Skills in Sport
15. Sports Psychology
16. The Business of Sport

HOW WILL I BE ASSESSED?

Five externally assessed units (exams)

These are units 1 / 3 / 4 / 8 / 16

9 internally assessed coursework assignments

MINIMUM GCSE REQUIREMENTS

- PE grade 4
- Biology grade 4

POSSIBLE PROGRESSION PATHWAYS

It is a useful (sometimes essential) option choice for anyone interested in a career related to sport:

PE Teacher, Sports Scientist, Nutritionist, Sports Coach, Sports Psychologist and many more. This course will give (with the right performance) more than enough UCAS points to follow any degree in sport or similar.

A degree in sport will open many doors for students that want to progress into a range of vocations after completion.