



# Sport & Physical Activity

## Level 3 Cambridge Technical Extended Certificate

### Course Objectives

This qualification is not just about being able to play sport, it will provide learners with the skills, knowledge and understanding to progress into Higher Education on a sport related programme such as Sport and Physical Education, Sport Science, Sport Coaching and Development or Sport and Leisure Management. As well as learning about the sport science related topics, you will develop your confidence in coaching and leading sports sessions and your ability to analyse yours and others practical performance. The Cambridge Technical Extended Certificate is the equivalent to one A level and therefore a vehicle for employment direct from your studies or a progression into Higher Education.

Main Qualifications:	<ul style="list-style-type: none"><li>• Cambridge Technical Extended Certificate (equivalent to 1 A level)</li></ul>
Awarding Body:	<ul style="list-style-type: none"><li>• OCR</li></ul>
Duration/Lessons per week:	<ul style="list-style-type: none"><li>• 10 x 1 hour lessons over a two week timetable</li></ul>
Entry Requirements:	<ul style="list-style-type: none"><li>• Standard entry requirements for vocational course.</li></ul>
Progression Opportunities:	<ul style="list-style-type: none"><li>• This course is for students with a dedicated interest in the theoretical study of sport. Students will be required to be practically assessed and therefore must be prepared to be involved in physical activity on a regular basis. An enthusiasm for participation in sport and physical activity is essential.</li><li>• This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.</li></ul>



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### Course Content:

#### Year 1

Unit 1 - Body systems and the effects of physical activity - the structures and functions of the key body systems (skeletal, muscular, cardio vascular and respiratory), how these support and impact performance and the effects that physical activity, training and lifestyle can have on them.

Unit 2 - Sports coaching and leadership - the theory of what makes good sports coaches and leaders. You will explore the roles and responsibilities of coaches and leaders and be involved in planning, delivering and teaching sport and physical activity sessions.

### Course Content::

#### Year 2

Unit 3 - Sports organisation and development - the key organisations involved in sport in the UK, their roles and responsibilities and how they work together to increase levels of participation and improve performance.

Unit 18 - Practical skills in sport and physical activities - the opportunity to participate in a number of different sports and outdoor activities learning how to apply skills, tactics, techniques and knowledge in individual sports, team sports and outdoor adventurous activities. Students will undertake a 6 week sailing course at Spinnaker Lake to meet the requirements of outdoor and adventurous activities criteria. NB This requires all students to be able to swim 25M unaided.

Unit 17 - Sports injuries and rehabilitation - you will learn how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.

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### Assessment:

#### Year 1

Unit 3 - Sports organisation and development (1 hour exam) - approx. - 17%

Unit 18 - Practical skills in sport and physical activities (Internally assessed coursework throughout the year) - approx. - 17%

Unit 17 - Sports injuries and rehabilitation.

#### Year 2

Unit 1 - Body systems and the effects of physical activity (1 ½ hour exam) - 25%

Unit 2 - Sports coaching and leadership (Internally assessed coursework throughout the year) - 25%

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### Cost

- £15 for subscription to 'The EverLearner'.
- The cost of Sailing tuition, boat hire and travel to the venue (approx. £90)

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### Staff Contact:

- Mr P Camp
- E-mail: [pete.camp@ringwood.hants.sch.uk](mailto:pete.camp@ringwood.hants.sch.uk)