

Sport Cam Tech

Who is the course for?

This course is for learners 16 years old or over who wish to study sport, leisure or fitness. 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, Sport Science, Sport Coaching & Development or Sport & Leisure Management.

What does the course involve?

Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity involves achieving 3 mandatory units over the 2 years and two additional optional units.

Modules Include:

Mandatory Units - Unit 1 and 2 covered in year 1:

Unit 1 Body systems and the effects of physical activity – Externally assessed 90 minute exam, composing of anatomy and physiology in sport, and the body's short and long term responses to physical activity.

Unit 2: Sports Coaching and Leadership - Internally assessed module, looking at the roles and responsibilities of coaching, how to improve athletes, how to plan, prepare, and deliver activity and coaching sessions, and evaluating own performance within these.

Unit 3: Sports Organisation and Development – Externally assessed 60 minute exam, looking at UK sports organisation and development in terms of governing bodies, initiatives, roles and responsibilities, measures of success, and future development.

Additional Units - 2 from the following will be selected:

- Organisation of Sports Events
- Sports injuries and rehabilitation
- Practical skills in Sport and exercise
- Sport and Exercise Psychology
- Performance Analysis in Sport and Exercise

Assessment Methods

A combination of internal assessment through coursework and external assessment by an exam. Each unit is worth a certain amount of points, based on GLH, and the total combined score equates to achieving a pass, merit, distinction, or distinction star grade.

Progression Options

You can use your Cambridge Level 3 qualification in a range of different ways. It can be used as part of your UCAS application, and will allow access to a range of sports courses across the wide spectrum of further education; it is a vital step on your path to becoming a PE teacher or Sports coach. It can also be used to help gain an apprenticeship, or internship, in a variety of professional sporting settings, such as football and rugby clubs, and sports centres. Finally, it can be used to gain jobs in the sports industry, in areas directly involved with sport, but also in administrative jobs working at organisations such as the FA, Sport England, and various other governing bodies. In essence, it opens up doors to opportunities within all of sport.

Awarding Body

OCR Cambridge Technical