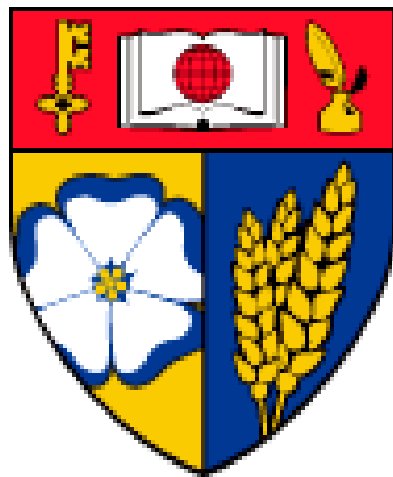


# Cambridge Technical in Sport and Physical Activity

Winterbourne Academy 6<sup>th</sup> Form



# Who is the course for?

- ▶ This course is for post 16 learners 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



► Cambridge technical in Sport and physical activity

Module	Year of study	Method of assessment
Body systems	12	Exam
Sports leadership	12	Coursework and practical
Sports psychology	13	Coursework
Sports Injuries	13	Coursework
Sport organisation	13	Exam

# Academic PE - KS5



YOU CAN WITH  
**CAMBRIDGE TECHNICALS  
IN SPORT**

**OCR**  
Oxford Cambridge and RSA



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

## External Examination - (90 mins Paper - 70 marks)

▶ Guided Learning hours: 90

**L01** - Understand the skeletal system in relation to exercise and physical activity.

**L02** - Understand the muscular system in relation to exercise and physical activity.

**L03** - Understand the cardiovascular system in relation to exercise and physical activity.

**L04** - Understand the different energy systems in relation to exercise and physical activity.



# Unit 2: Sports Coaching & Activity Leadership

## Internally assessed

Guided Learning hours: 90

- L01** - Know the roles and responsibilities of sports coaches and activity leaders.
- L02** - Understand the principles which underpin coaching and leading.
- L03** - Understand methods to improve skills, techniques and tactics in sport
- L04** - Be able to plan sports and activity sessions.
- L05** - Be able to prepare sports and activity environments.
- L06** - Be able to deliver sports and activity sessions.
- L07** - Be able to review sports and activity sessions.



# Unit 19: Sports and Exercise Psychology

## Internally assessed

Guided Learning hours: 60

- L01** - Know the different factors that affect motivation for sport and exercise.
- L02** - Understand attribution theory in relation to sport and exercise.
- L03** - Understand the effects of stress, anxiety and arousal in sport and exercise.
- L04** - Understand the importance of group dynamics in team sports and group exercise.
- L05** - Understand the psychological impact of sport and exercise on mental health and wellbeing.



# Unit 17: Sports Injuries and Rehabilitation

## Internally assessed

Guided Learning hours: 60

- L01** - Know common sports injuries and their effects.
- L02** - Be able to minimise the risk of sports injuries.
- L03** - Be able to respond to acute sports injuries when they occur.
- L04** - Know the role of different agencies in the treatment and rehabilitation of sports injuries.
- L05** - Be able to plan a rehabilitation programme for a specific sports injury.





# Unit 3: Sports Organisation and Development

## Externally assessed (60 mins Paper - 60 marks)

Guided Learning hours: 60

- L01** - Understand how sport in the UK is organised.
- L02** - Understand sports development.
- L03** - Understand the impact of sports development how it can be measured.
- L04** - Understand sports development in practice.



# Year 13 Results 2021

- ▶ 20 student cohort and a 100% pass rate!!
- ▶ 40% = Distinction \*
- ▶ 25% = Distinction
- ▶ 30% = Merit
- ▶ 5% = Pass



# What can I do with my qualification?

- ▶ You can use your qualification to continue with higher education.

## **Bath**

- Sport and exercise AAA-A\*AB. Strong emphasis on personal statement and extracurricular activities.
- Sport management and coaching AAB-A\*AC (DAB/D\*AC)

## **UWE**

- Sport rehabilitation 120 UCAS points (DBB/MAB)
- Sport business and entrepreneurship 112 UCAS points (MBB/DBC)

## **Loughborough**

- Sport Science
- Sports Coaching
- Sport & Physical Education

128 UCAS points (DAB/D\*AC)

## **Hartpury**

- Sport business management - 96 UCAS points
- Sport and exercise nutrition - 112 UCAS points
- Physical education and school sport 128 UCAS points

- ▶ You can use your qualification to begin a level 3 Personal training course or sports therapy course.



# Careers Opportunities in Sport

- ▶ Education
- ▶ Sports Medicine
- ▶ Physiotherapy
- ▶ Sports Therapy
- ▶ Sports Marketing
- ▶ Sports Development officer for local councils or private projects
- ▶ Sports Psychologist
- ▶ Sports Business
- ▶ Opportunities to study further and gain masters/PHD in sports therapy etc.



# Any questions please get in touch!

- ▶ Head of PE - Miss Melanie Greaves ( [melanie.greaves@olympustrust.co.uk](mailto:melanie.greaves@olympustrust.co.uk) )
- ▶ Acting Second in PE Mr Dean Merrett ( [dean.merrett@olympustrust.co.uk](mailto:dean.merrett@olympustrust.co.uk) )

