

SPORT & PHYSICAL ACTIVITY

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| Qualification Level | Level 3 |
| Exam Board/ Specification | OCR Cambridge Technical – Extended Certificate |
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Why study this course?

The course is designed for learners to experience a range of topics, which can enhance their knowledge and understating in a range of sport specific avenues. It offers a more vocational and practical approach to learning through 3 coursework units as well as 2 written examination units. The units have been selected to offer a braid range of skill development to learners.

Course content

The course requirements for the Extended Certificate are for all candidates to study x2 exam based units and 3 coursework based units.

Exam/ Assessment structure

Written Examinations:

- **Unit 1:** Body Systems and the effects of physical activity – Written examination - 1 ½ hours in duration
- **Unit 3:** Sports Organisations and development – written examination – 1 hour in duration.

Coursework:

- **Unit 2:** Sports Coaching and activity leadership - coursework made up of a series of assignments.
- **Unit 8:** Organisation of Sport Events – coursework made up of a series of assignments.
- **Unit 18:** Practical Skills in Sport and Physical Activities – coursework made up of a series of assignments.

Higher education/ career links

There are a large number of Sport related courses available across the country such as Sports Science, Sports Management, Sports Statistics, Sports Injuries and rehabilitation, Physiotherapy, Sports Coaching, teaching and working in the fitness and exercise industry to name a few. Apprenticeships are also available within the sports industry for example for fitness training and Sports Marketing. Even students not wishing to pursue a career in sport will benefit from the transferable skills available within the course such as teamwork, cooperation, leadership, planning and evaluating as well as a lifelong passion for pursuing a healthy, active lifestyle which all compliment any future career pathways.

Entry requirements

A pass at OCR Sports Science or GCSE PE if studied previously