

Sport and Physical Activity: Level 3 Cambridge Technical Qualifications (OCR)

What is the course about?

The Level 3 Sport course has an engaging, practical approach to learning and assessment. The emphasis is on Independent Learning. You will work with tutors who will guide you through the course and set deadlines for assignments which must be met. The course covers a range of topics to provide knowledge and understanding of sporting activities and environments. It is designed to provide career related skills allowing you to enter a range of jobs within the sports industry. You will study the structure and function of sectors including, retail, coaching, professional sport and sports tourism, and the general economic impact of sport.

For whom is the course suitable?

This course will suit anyone interested in sports, those wanting a career in the sports industry or those wishing to continue their sports studies at University. No sporting background is required to complete the course but whilst it is not essential, GCSE PE is advantageous as directly relates to the exam content.

Teaching Methods and Homework commitment:

A variety of approaches are used, including note-taking, presentations, video, computer based research, teacher-led sessions and practical sporting activities. Students are required to work independently, completing each assignment, including a teaching module and practical sports skills modules.

What could I go on to do at the end of the course?

The CTEC sport courses are a great choice for students wishing to develop sports industry skills alongside academic qualifications. Progression routes include Physiotherapy, sports coaching, teaching, sports marketing, strength and conditioning, personal training, the armed forces and public services.

Method of Study and Assessment:

Students have the two options when choosing Sport at KS5.

- Single Award – (1 A-Level, 5hrs pw): 2 exam units and 3 coursework units
- Double Award – (2 A-Level, 10hrs pw): 3 exam units and 8 coursework units.

The course takes two years to complete with students being offered the chance to re-sit the exam in they wish to improve.

Examples of Mandatory Units	Examples of Other
Body systems and the effects of physical activity	Sport and Exercise Psychology
Sports coaching and activity leadership	Performance Analysis in Sport and Exercise
Working safely in sport, exercise, health and leisure	Organisation of Sports Events