

Sport and Physical Activity

OCR Cambridge Level 3 Technical Extended Diploma

Contact Person: Miss J Wild

Course Outline:

Students will study the following mandatory units: • Body systems and the effects of physical activity • Sports coaching and activity leadership • Sports organisation and development • Working safely in sport, exercise, health and leisure • Performance analysis in sport and exercise • Physical activity for specific groups • Nutrition and diet for sport and exercise • Sports injuries and rehabilitation • The business of sport • Improving fitness for sport and physical activity • Organisation of sports events • Working in active leisure facilities • Practical skills in sport and physical activities.

These units are related to key aspects that underpin how sport and physical activity is delivered and organised and developed as a business, such as anatomy and physiology in relation to physical performance; coaching skills; the structure of sport in the UK and the organisations involved; the target groups that would most benefit from participation in physical activity and why; and safe practice and delivery in sport and leisure.

Learners will study how different types of business in sport operate including how they measure success, why volunteers are so important to the sector and how they are recruited and managed, how sport businesses ensure sustainability and how they access different sources of funding. Learners will also study how to analyse performance using different methods and how to support people in maintaining a fitter, healthier lifestyle. In addition to this, learners will develop transferable skills that employers are looking for such as planning, communication and organisation skills.

An additional four optional units from the following: • Group exercise to music • Biomechanics and movement analysis • Health and fitness testing for sport • Sport and exercise psychology • Sport and exercise sociology. These units will support learners in developing additional skills, knowledge and understanding which will allow them to deliver a wider range of sports and physical activities and support development in those sports or activities. They will also develop learners' understanding of the sociological and psychological impacts that participation in sport and physical activity can have as well as the benefits of and barriers to participation and how to overcome these.

Assessment:

Learners will take 17 units, made up of mandatory and optional units. Four of these units will be assessed in the form of exams, the others units will be assessed through coursework.

Other Considerations:

The Extended Diploma is a Tech Level qualification (meaning it will prepare learners for employment). This means it is equivalent in size to three A-levels and awarded the same UCAS points. It will form a complete two-year study programme and is recognised by all universities in your progression to higher education or an apprenticeship. You must achieve a pass grade or above in all units and will be awarded at pass, merit or distinction level. The course is designed to be studied solely and not necessarily alongside any other A-Level or vocational qualifications.

Entry Requirements:

5 GCSEs at Grade 4 or above, including English, Maths, Science and PE.

Progression Post -18

It can lead to study at university/ apprenticeships/careers in personal training, instructor qualifications, coaching and leadership, sports development, sports management, sport and exercise science. It is always advisable for students to check what qualification are accepted for routes they wish to pursue in employment or higher education courses