

# Sport and Physical Activity

## OCR Cambridge Technical Level 3 Extended Certificate

Contact Person: Miss J Wild

### Course Outline:

OCR Sport and Physical Activity aims to provide you with a global understanding of sport and exercise combining scientific, psychological, social and practical concepts.

This course will:

- Enable you to know about, understand and analyse the major concepts and principles underlying physical education and sport;
- Develop an understanding of the historical, physical, social, cultural and organisational structure of sport factors
- Encourage the understanding of theoretical principles through application

Assessment:

The course consists of 3 mandatory units which examine

- The anatomy and physiology of the body\*
- Sports organisation and development,
- Sports coaching and leadership\*

\*These two units are assessed via 2 examinations. The remaining time is spent studying optional units which will be selected based on the strengths of the individual cohort and the facilities. Please refer to the specification for further information on the optional units.

### Skills/Aptitudes Developed/Required:

You are expected to achieve a grade 4 or higher for GCSE Science / PE / English / Maths or Merit in OCR level 2 Sports Studies. You may be ICT literate and are required to be participating in sport regularly to at least club standard. Excellent time management skills and the ability to manage your own time and meet deadlines are key to being successful in the coursework.

### Additional Considerations:

If you have not studied a sports course at Level 2 you will be considered on a case by case basis, and will need to meet all other criteria identified above. Coaching and leadership courses will be available throughout the year at varying costs (optional).



## Progression Post 18

Candidates can progress to higher education courses ranging from recreation management, exercise science, sports psychology and outdoor and adventurous activities (degree and foundation levels). Career prospects are continually expanding within a growing industry, and include occupations such as leisure management, sports therapy, teaching, coaching, exercise consultancy and health promotion.