

## **OCR Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity**

### **Course outline**

You will take between five and six units made up of mandatory and optional units. Everybody will study the following mandatory units:

- Body systems and the effects of physical activity
- Sports coaching and activity leadership
- Sports organisation and development

These units will give you an understanding of sport in the wider contexts of coaching and leadership, anatomy and physiology, the body's short- and long-term responses to physical activity and the framework of sport in the UK and the organisations involved. You will also develop transferable skills such as planning, communication, adaptability and leadership.

Other units include:

- Organisation of sports events
- Practical skills in Sport

### **How you will be assessed**

These qualifications are assessed using a combination of:

- external assessment
- internal assessment

Units 1 and 3 are assessed by exam and marked by OCR. All the other units are internally assessed by staff and externally moderated by OCR.

### **Entry requirements**

It is recommended that learners starting this qualification will have achieved sport or physical education qualifications for example GCSEs in PE at grade4/grade C or above or level 2 vocational qualifications, e.g. OCR Level 2 Cambridge National in Sports Studies or Sport Science. It is also recommended that you have grade4/grade C or above in Maths and English GCSE.

### **Where could the course take you**

This qualification is for students:

- Who want to gain a Level 3 qualification to support further study in Further Education (FE) or Higher Education (HE) in sport and physical activity
- Looking to gain a Level 3 qualification to support further study in FE or (HE) in any other sector or subject area
- Who want to progress into sport-related apprenticeships.