



Sport and Physical Activity (OCR Level 3 Cambridge Technical Extended Certificate)

What will the course involve?

The course consists of 5 Units over two years. 3 are mandatory, 2 are optional. The course requires 360 guided learning hours and is a mixture of external & internal assessment. The mandatory units are:

Unit 1 – Body Systems & the Effects of Physical Activity. This is a mandatory unit. It requires 90 Guided Learning Hours and is externally marked in a 1.15 hr exam worth 70 marks. The written paper comprises of multiple choice, short answer & extended response answers which are set and marked by OCR. Within this module pupils will understand the structure & function of the key body systems and how these support & impact performance in sport & physical activity and the effect that training & lifestyle can have on them.

Unit 2 – Sports Coaching & Leadership. This is also a mandatory unit and also requires 90 Guided Learning Hours. This unit is internally marked and contains tasks set by centre assessors; ie teaching staff). The content for this unit includes the theory behind what makes a good coach / leader & the methods that can be employed to improve a performer. Pupils will plan, deliver & reflect on a series of sports sessions

Unit 3 – Sports Organisations & Development. This unit is mandatory and is 60 Guided Learning Hours and externally marked in a 1.15 hr exam, worth 60 marks. The written paper which comprises of multiple choice, short answer & extended response answers which are set and marked by OCR. The content that will be covered and examined is understanding the organisations involved in sport & physical activity in the UK and their roles & responsibilities.

The remaining two modules can be selected from a practical performance, Sports Injury and rehabilitation, Diet and Nutrition and Sports Psychology amongst others.

How will I be assessed?

Unit 1 & 3 are assessed via a written exam including multiple choice and short & extended answer questions and the remaining 3 modules are internally assessed through assignments including written, verbal and practical tasks.

What skills will I develop?

As well as improving practically you will also develop your extended writing in terms of exam answers and project work. In addition to written work you will also be assessed verbally through presentations and interviews, which is a great opportunity to practice ready for further education or the work place. Unit two enables you to develop your organisation skills as well as communication and time management through planning, and leading sports sessions. The course allows you to be reflective on your practices which will help you in the future.

Where can the study of PE and Physical Activity lead?

The course bridges the gap between theoretical knowledge & hands on experience which is ideal for further education or the world of work. It will allow you to explore a range of different topics, which enable you to access a wide variety of careers due to the options of the different units. The course can obviously lead into sports coaching and sports science as well as careers in management, psychology, rehabilitation and physiotherapy. Services such as the police and the fire service also welcome a sports qualification.

Where can I get more information?

If you would like more information on the course please contact the PE department (Miss Browne / Miss Walker) on admin@blanch.org.uk