

CAMBRIDGE TECHNICALS LEVEL 3: SPORT AND PHYSICAL ACTIVITY

(EXTENDED CERTIFICATE)

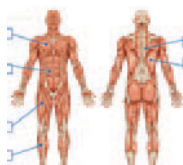
(AWARDING BODY OCR)



CONTENT

Equivalent of 1 A level. UCAS points are allocated the same as the following A level grades:

Pass: Grade E at A level
Merit: C at A level
Distinction: A at A level
Distinction*: A* at A level



This is a 2 year course. Modules studied are:

Unit 1: Body Systems and the Effects of Physical Activity

In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity, and the effects that physical activity, training and lifestyle can have on them.

Assessment: One 90 minute, 70 mark Exam, to be sat at the end of Year 12 with a retake available in Year 13 (25%).

Unit 2: Sports Coaching and Leadership: This unit will give you an understanding behind the theory of what makes good sports coaches and leaders and methods that can be employed to improve the performance of sports participants. The main part of the unit is related to you developing the skills and understanding necessary to effectively plan and deliver

a series of sports activity sessions, reflecting on your own practise and using this feedback to improve your performance as a sports coach or leader.

Assessment: Internally assessed assignments, including both written and practical work (25%)

Unit 3: Sports Organisation and Development

In this unit you will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. You will also gain an understanding of sports development including the organisations involved, who sports development is targeted at and why, how sports development is carried out and how the success of sports development initiatives can be measured.

Assessment: One 60 minute, 60 mark Exam, to be sat mid Year 13 with retake available at end. (16%)

Unit 8: Organisation of Sports Events: This unit is designed for you to develop skills in planning and delivering a sports event, with focus primarily reflecting on your individual role as well as working as part of a team and reflecting on your input and future personal development. This unit will enable you to establish transferable skills which can be used within sport and active leisure as well as within the fitness industry. It will also enhance your skills such as teamwork, organisation and safeguarding awareness.

Unit 19: Sport and exercise psychology: In this unit you will learn different motivations that people have for participating in sport and physical activity and how performance can be managed through an understanding of attribution theory, stress and group dynamics. You will also learn the impacts that participation in sport and physical activity can have on a person's mental health and wellbeing, whether an elite performer or a member of the general public.

Assessment for both these units: Internally assessed assignments, including both written and practical work (16% each)

PROGRESSION

Students who complete the Cambridge Technical Level 3 in Sport could go into further or higher education. Possible career paths could include; Fitness Instructor, Sports Coach, PE Teacher and Leading Outdoor and Adventurous Activities.

For further information about the course please contact Mrs Clough kclough@tkasa.org.uk

