

Level 3 Cambridge
Technical Award (Extended
certificate) in Sport and
Physical Activity (1 A level)

This is assessed through 5
units of work completed over
the two years.
2 units are assessed
externally through an exam. 3
units are assessed internally
through completion of
coursework.



Exam board:
OCR

Which subjects does
this combine well
with?
Biology and David
Campbell coaching.

Careers this qualification can lead to: PE Teacher, Physiotherapist, Sports therapist,
Sports coaching, Sports analyst, Media in Sport, Sports management, Leisure
industry and Sports finance.

Summary of subject

The qualification aims to develop our students' knowledge, understanding and skills of the principles of Sport and Physical Activity. Our students will gain an insight into the sports sector as they investigate opportunities for delivering sport and physical activity to a wide range of participants, whether it is to develop the ability to coach and lead sports performers or to support regular participants to improve their performance and fitness, all done in a safe and professional environment. In doing so, students will also gain core skills required for employment or further study in the sector such as communication, analysis, organisation and adaptation. Designed in collaboration with experts spanning the breadth of the sector, the Level 3 Cambridge Technical in Sport and Physical Activity focuses on the requirements that today's universities and employers demand. Our students will practically apply their skills and knowledge in preparation for further study or the workplace.

The 5 units of work we teach are as follows:

Unit 1- Body Systems and the effects of Physical Activity (Mandatory unit, examined in Y12).

Unit 2- Sports Coaching and Activity Leadership (Mandatory unit, coursework completed in Y12).

Unit 3- Sports Organisation and Development (Mandatory unit, examined in Y13).

Unit 17- Sports Injuries and Rehabilitation (Optional unit, coursework completed in Y13).

Unit 18- Practical Skills in Sport and Physical Activity (Optional unit, coursework completed in Y12 and Y13).

