

# Sport and Physical Activity: Extended Certificate

Cambridge Technical Level 3 (equivalent to one A-Level)



Exam Board: **OCR** 

## ENTRY REQUIREMENTS

**5+**

In a minimum of 5 GCSE subjects

**5+**

desirable in Physical Education



## SUBJECT OVERVIEW

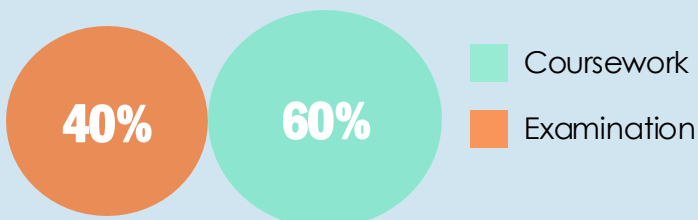
This qualification is not just about being able to play sport, it will provide learners with the skills, knowledge and understanding to progress into Higher Education on a sport-related programme such as Sport and Physical Education, Sport Science, Sport Coaching and Development or Sport and Leisure Management.

The qualification is designed to be taken as part of a study programme alongside other vocational qualifications or A levels, such as Cambridge Technicals in Business,

A level Biology, A level Physics or Cambridge Technicals in Science. This qualification includes many transferable skills, which play an essential role in developing personal effectiveness for further study and working life.

TOPICS/UNITS/MODULES	Skills Learnt
Body Systems and effects of physical activity	<ul style="list-style-type: none"><li>• Scientific research and analysis</li><li>• Health and wellness knowledge</li></ul>
Sport coaching and activity leadership	<ul style="list-style-type: none"><li>• Leadership and motivation</li><li>• Conflict resolution</li></ul>
Sports organization and development	<ul style="list-style-type: none"><li>• Project management</li></ul>
Organisation of sports events	<ul style="list-style-type: none"><li>• Strategic planning and development</li><li>• Collaboration and networking</li></ul>
Sport and exercise physiology	<ul style="list-style-type: none"><li>• Data collection and interpretation</li><li>• Communication skills</li></ul>

## EXAMINATION/ASSESSMENT



## Careers

- Sports Therapy
- Sports Coaching
- Health and Fitness Industry
- Outdoor Education
- Performance Analysis
- Health/Lifestyle Management
- Recreation Management
- Sports Development
- Teaching and lecturing.