

Sport and Physical Activity

Level 3 Qualification



What will I learn?

- Develop knowledge and skills within the industry of Sport Science.
- Scientifically explore how the body systems allow athletes to perform, analysing how the cardiorespiratory system works together to allow muscle contraction.
- Plan and deliver a series of coaching sessions in a sport of your choice where you will deliver these sessions to a small group of younger students. You will develop understanding of training programmes and programmes to develop an individual as an athlete.
- Broaden your practical skills in different sports where you will develop new skills and techniques, for example skiing or water sports.
- Develop your organisational, marketing and communication skills to organise a sports festival at the end of your 2 years to a younger group of students. You will work in teams and understand the roles and responsibilities and marketing tools to run an event in Dursley.

How will I learn?

At Rednock the PE Team have a wealth of knowledge to ensure PE lessons are taught to high level with a deep understanding of content. There will be a focus on independent study skills, a focus on developing organisational skills, note taking and discussion will be taught throughout to prepare you for University. Lessons will be varied through:

- Putting theory into practice sessions
- Use of the gym, sports hall and astroturf
- Trips to Universities to work in sport science laboratory
- Reading of more recent sport science journals to keep up to date with new research
- Practical industry based skills

How will I be assessed?

Assessment will be a mixture of external examinations as well as internal assessments. You have the chance to resit both external exams twice in order to achieve your best grade. Internal assessment written tasks can be a format to suit the student, for example, presentation, interview, lab report, written essay.

Unit 1 – anatomy and physiology exam – January year 12

Unit 3 – Sport organisation exam – January year 13

Unit 2 – Sport Coaching Internal assessment – June year 12

Unit 18 – Practical sports Internal assessment – June year 13

Unit 8 – Organisation of sporting event Internal assessment – June year 13

FAQs.

What equipment do I need for this course?

Students studying sport will be required to buy the Sixth Form Sport Science sports kit for practical lessons, trips and assessment.

What support is there on this course?

There is a specialist PE staff member for each pathway to further students knowledge and understanding. Revision sessions and intervention sessions will also be provided.

Exam Board

OCR

Skills Gained

Presentation and
oracy skills
Independent work
ethic
Teamwork and
coaching
How to research
effectively
Planning and
delivering coaching
sessions

Careers

PE Teacher
Strength and
conditioning coach
Performance
analysis
Health and well
being industry
Personal Trainer
Events Manager